4-H Foods and Nutrition
Passport to Foreign Cookery Unit 7
Judging Sheet

Member Name: _____

County: _____

Jr.____ Int.____ Sr.____ Yrs. in Project: _____

Exhibit: Completed Food and Nutrition e-Record, notebook containing the following information and a food product:

1. Customs relating to food habits and foods sources (10 pages max.)
2. General information such as climate, geography, religion, etc. (3 pages max.)
3. Menus and recipes (5 pages max.)

Judges may use the back of the form for more comments.

Judging Element 1: 4-H e-Record: Complete means that everything has been filled out. Not complete means that there is something missing and needs a comment as to what is missing or why it is not complete. Project will be evaluated on the quality of information completed in e-record and research of selected country (50 percent) and quality of food exhibit (50 percent).

American System Placing: (Check One)	
Champion	_____
Reserve Champion	_____
Placing 3-10	_____
Grand Champion	_____
Reserve Grand Champion	

Danish System Award: (Check One) (For County Use Only)	
Blue	_____
Red	_____
White	_____

Criteria	Complete	Not Complete	Comments
E-Record			
Record Cover			
4-H Projects taking this year			
What activities helped you learn the skills for the project? (workshops, project meetings, classes, contests, etc.)			
Citizenship/Community Service in 4-H			
Demonstrations/Presentations/Speeches			
Expense Record			
Project Photos			
Story			
Food and Nutrition Information			
Food prepared, location, number of times, special concerns			
Notebook Information			
Maximum of 10 pages of research and pictures on customs relating to food habits and food sources			
Maximum of 3 pages of other information about the country (i.e., climate, geography, political structure, religion, dress, etc.)			
Maximum of 5 pages of menus and recipes indicating nutritional balance of a traditional meal plus page 4 in the manual			

Criteria	E	G	F	N/I	Comments
Judging Element 3: 4-H Passport to Foreign Cookery Unit 7				N/I = Needs Improvement - must have comments	
General appearance					
Color					
Crust or outer covering					
Shape and volume					
Texture & Crumb					
Consistency					
Tenderness					
Flavor					

E = Excellent   G = Good   F = Fair   N/I = Needs Improvement

Revised 2023