4-H Foods and Nutrition Cooking 101, 201, 301 & 401 (Units 1-4) Judging Sheet

COLORADO STATE UNIVERSITY EXTENSION

Member Name: _____

County: _____

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

Project Level: (Check One)
Unit 101 _____   Unit 301_____
Unit 201 _____   Unit 401 _____

Exhibit: Completed Food and Nutrition e-Record with recipe and documentation of completed activities as well as food product. 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 (25 percent) and quality of exhibit (75 percent).

Criteria	Complete	Not Complete	Comments
E-Record			
Record Cover			
Project Goals			
What 4-H projects are you taking this year?			
What activities helped you learn the skills for the project? (workshops, project meetings, classes, contests, etc.)			
What leadership development experiences did you participate in?			
Citizenship/Community Service in 4-H			
Demonstrations/Presentations/Speeches			
Project Expense/Return on Investment			
Project Photos			
Goal Evaluation			
Story			
Learning Activities and Food Science Experiments - Food and Nutrition Information			
Cooking 101 –2 learning activities from manual			
Cooking 201—1 learning activity and 1 cooking basics from the manual			
Cooking 301—1 food science experiment from manual			
Cooking 401—1 food science experiment from manual			

Criteria	E	G	F	N/I	Comments
Judging Element 3: 4-H Food and Nutrition Cooking 101, 201, 301, & 401			**N/I=Needs Improvement -must have comments**		
General Appearance					
Color					
Crust or outer covering					
Shape and volume					
Texture and crumb					
Grain					
Consistency					
Tenderness					
Flavor					
Party Planning/Celebration Meals					
Theme					
Timeline					
Budget					
Menu—includes two or more homemade prepared foods					

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