



4-H Foods & 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 plus activity pages 9-11 in the manual (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).

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				
Goal Evaluation				
Project Photos				
Story				
Foods 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 activity pages 9-11 in the manual				
Criteria	E	G	F	N/I
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

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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	_____

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