

# 4-H Foods & Nutrition

## Passport to Foreign

### Cookery Unit 7

### Judging Sheet

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 \_\_\_\_\_

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		
<b>E-Record</b>					
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					
<b>Foods and Nutrition Information</b>					
Food prepared, location, number of times, special concerns					
<b>Notebook Information</b>					
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					
<b>Criteria</b>	<b>E</b>	<b>G</b>	<b>F</b>	<b>N/I</b>	<b>Comments</b>
<b>Judging Element 3: 4-H Passport to Foreign Cookery Unit 7</b> 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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