

## Wyoming State Food Cook Off Presentation Scorecard

Team Names: \_\_\_\_\_  
 County: \_\_\_\_\_ Division: \_\_\_\_ Senior \_\_\_\_ Junior/Intermediate

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>I. TEAM PRESENTATION</b>						
<b>Knowledge of MyPlate:</b> Exhibits knowledge of food group of individual ingredients, serving amount needed from each food group daily, and food groups represented in an individual serving of the dish. Team also shared personal healthy lifestyles choices based on dietary guidelines.						(15)
<b>Nutrition Knowledge:</b> Team members know the key nutrients the dish contributes to the diet and the functions of the nutrients, as well as possible healthy substitutions that could be made						(15)
<b>Food Preparation:</b> Knows and can list the key steps in preparation of dish and function of ingredients						(10)
<b>Safety Concerns &amp; Practices:</b> Knows and applied food safety concerns in preparation and storage of dish, as well as kitchen safety measures taken in preparation.						(10)
<b>Serving Size Information:</b> Knows and included in presentation the appropriate size of serving and number of servings per dish						(5)
<b>Cost Analysis:</b> Correctly figured and discussed the total cost of the dish and cost per serving.						(5)
<b>Food Appearance/Quality:</b> Appearance of food (texture, uniformity) is appealing and appetizing; appears to be cooked thoroughly.						(5)
<b>Creativity:</b> Utilized ingredients provided in a creative way and incorporated pantry items into dish.						(5)
<b>Effectiveness of Communication:</b> Displayed effective public speaking skills, including use of voice, poise and personal appearance.						(5)
<b>Teamwork:</b> Each team member contributed to the team presentation.						(5)
<b>II. Preparation Score</b>	<i>Transfer from preparation scoresheet (Maximum points: 20)</i>					(20)
<b>ADDITIONAL COMMENTS (based upon observation):</b>						<b>Total Points</b>