



# 4-H Foods and Nutrition

## Passport to Foreign Cooking

### Unit 35

## 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
2. General information such as climate, geography, religion, etc.
3. Menus and recipes

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
<b>E-Record</b>					
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					
<b>Food 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 page 4 in the manual					
Criteria	E	G	F	N/I	Comments
<b>Judging Element 3: 4-H Passport to Foreign Cooking Unit 35 N/I=Needs Improvement -must have comments</b>					
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 2017