

Colorado 4-H Foods and Nutrition Project Judging Sheet

Passport to Foreign Cooking Unit 35

Member Name: _____

Int. _____ Sr. _____ Years in Project _____

- Exhibit: Completed e-record
 Notebook containing;
1. Customs relating to food habits and food sources
 2. General information such as climate, geography, religion, etc.
 3. Menus and recipes
- Food product

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 _____

Judges may use the back of the form for more comments.

Judging Element 1: 4-H e-Record: E=Excellent, G=Good, F=Fair and N/I=Needs Improvement—must have comments

Item	E	G	F	N/I	Comments
Record Cover: Complete or Not Complete: Yes <input type="checkbox"/> , No <input type="checkbox"/>					
Project Goals (Juniors at least one goal, Intermediates at least two goals, Senior at least three goals)					
Project Info. & Activity Log (Looking for project information--- meetings, tours, practices, etc., and how much time spent on project.)					
Demonstration (At least one demonstration—does not have to be in project area)					
Community Service (At least one community service—does not have to be in project area)					
Expense Record (Looking for the cost of practicing and making the project)					
How Did You Do? (Looking at the explanation of how the person rated themselves)					
Project Photos (Pictures should show progress in the project with captions)					
Project Story (Should be related to the project)					
Specific Project Information (Does not apply to this project)					

Judging Element 2: 4-H Foods and Nutrition Project Exhibit N/I=Needs Improvement—must have comments

Item	E	G	F	N/I	Comments
Notebook Contents					
Maximum 10 pages of research and pictures on customs relating to food habits and food sources					
Maximum of three pages of other information about the country(i.e., climate, geography, political structure, religion, dress, etc)					
Maximum of five pages of menus and recipes indicating nutritional balance of a traditional meal plus page 4 in the manual					
Foods and Nutrition Unit 35 Food Exhibit--Meets Guidelines: Yes <input type="checkbox"/> , No <input type="checkbox"/> (Check One)					
General appearance					
Color					
Crust or outer covering					
Shape and volume					
Texture & Crumb					
Consistency					
Tenderness					
Flavor					