



# 4-H Foods and Nutrition Cooking 101, 201, 301 & 401 Judging Sheet

Member Name: \_\_\_\_\_

County: \_\_\_\_\_

Jr. \_\_\_ Int. \_\_\_ Sr. \_\_\_ Yrs. in Project: \_\_\_\_\_

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** \_\_\_\_\_

Project Level: (Check One)  
**Unit 101** \_\_\_\_\_ **Unit 301** \_\_\_\_\_  
**Unit 201** \_\_\_\_\_ **Unit 401** \_\_\_\_\_

**Exhibit:** Completed Food and Nutrition e-Record and Food Product. 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.)						
What Leadership Development experiences did you participate in?						
Citizenship/Community Service in 4-H						
Demonstration/Presentations/Speeches						
Expense Record						
Project Photos						
Story						
<b>Learning Activities and Food Science Experiments      Food and Nutrition Information</b>						
Cooking 101 –2 learning activities from manual						
Cooking 201—1 learning activity and 1 cooking basics from the manual						
Cooking 301—1 food science experiment from manual						
Cooking 401—1 food science experiment from manual						
Criteria	E	G	F	N/I	Comments	
<b>Judging Element 3: 4-H Food and Nutrition Cooking 101, 201, 301, &amp; 401      N/I=Needs Improvement -must have comments</b>						
General Appearance						
Color						
Crust or outer covering						
Shape and volume						
Texture and crumb						
Grain						
Consistency						
Tenderness						
Flavor						
<b>Party Planning/Celebration Meals</b>						
Theme						
Timeline						
Budget						
Menu—includes two or more homemade prepared foods						