$\qquad$ Age: $\qquad$ County: $\qquad$ Club: $\qquad$

| Excellent | Very Good | Good | Needs Improvement |  |
| :---: | :---: | :---: | :---: | :---: |
| 4 | 3 | 2 | 1 | Comments/Suggestions |
| Attractive and appealing in appearance. Table setting is appropriate for the meal. Presentation of the meal is neat and creative. | Missing one criterion under Excellent | Missing two criteria under Excellent | Presentation is not creative. |  |
| Includes a protein, starch/grain and a vegetable/fruit. | Missing one criterion under Excellent | Missing two criteria under Excellent | Presentation is not creative. |  |
| Dishes have a variety of textures, color and shapes. | Missing one criterion under Excellent | Missing two criteria under Excellent | Missing three criteria under Excellent |  |
| List which shows cost of main ingredients and sources of prices. Cost of main ingredients is less than $\$ 15$. | Missing one criterion under Excellent | Missing two criteria under Excellent | Missing three criteria under Excellent |  |
| Meal is well cooked. All dishes are prepared correctly and are served at the proper temperature. | One dish is not correctly prepared | Two dishes are not correctly prepared. | All three dishes are incorrectly prepared. |  |
| Recipes are neat and have complete list of ingredients and clear and concise direction. Includes approximate preparation time. | Missing one criterion under Excellent | Missing two criteria under Excellent | Missing three criteria under Excellent |  |
| Member is dressed appropriately as if they were attending the dinner. No signs of food prep on clothing. | Member is dressed in clothing that is appropriate for food prep, but not for attending the dinner. | Member is dressed too casual for preparing or attending the dinner. | Member is dressed inappropriately. |  |
| Member can explain the preparation process clearly and has an in-depth knowledge of the process | Member can explain the preparation process clearly and has some knowledge of the process | Member can explain the preparation process with some difficulty and has an in-depth knowledge of the process | Member can explain the preparation process with some difficulty and has poor knowledge of the process |  |
| Member can explain how the meal fits into My Plate verbally. Member has suggestions on how to alter the meal to be more nutritious if appropriate. | Member can explain how the meal fits into My Plate verbally. Member cannot suggest how to alter the recipes to be more nutritious if appropriate | Member cannot explain how the meal fits into My Plate. Member has suggestions on how to alter the recipes to be more nutritious if appropriate | Member cannot explain how the meal fits into My Plate. Member cannot suggest how to alter the recipes to be more nutritious appropriate |  |
| The member can explain clearly why they chose recipes. The member is engaging with the judge | The member has a weak reason for choosing the recipes. | The member has no reason for choosing the items for the recipes but is engaging with the judge. | The member has no reason for choosing the items for the recipes and does not engage the judge |  |

