



### Grade 4-5: Bag/Box Lunch for School

NAME: \_\_\_\_\_ Age: \_\_\_\_\_ County: \_\_\_\_\_ Club: \_\_\_\_\_

Excellent 4	Very Good 3	Good 2	Needs Improvement 1	Comments/Suggestions
Is arranged neatly in the container. Nothing is getting smushed. Container is the correct size for the whole lunch.	Is arranged neatly in the container. Nothing is getting smushed. Container is the too large or too small for the whole lunch	Is arranged neatly in the container. Something is getting smushed. Container is the correct size for the whole lunch	Is arranged cramped in the container. Items are getting smushed.	
Items are packaged separately. Packaging is clean and of appropriate size for the item it contains.	Items are packaged separately. Packaging is clean. Packaging is not of appropriate size for the item it contains.	Items are not packaged separately. Packaging is clean and of appropriate size for the item it contains.	Packaging is not clean.	
The amount of food is appropriate for one person to have as a lunch	The amount of food is a little too much for one person to have as a lunch	The amount of food is a little too small for one person to have as a snack	The amount of the food is very small or large.	
Items “go together”.	One item seems “out of place”	Two items seem “out of place”	Little planning evident.	
Imaginative combination of at least five ingredients	Imaginative combination of 3 or 4 ingredients	Ingredients lack imagination	Less than three ingredients	
Lunch is well balanced and includes a protein, starch, fruit/vegetable, and drink	Lunch has too much protein, starch or fruit/vegetable	Lunch is missing a protein, starch or fruit/vegetable	Lunch is all junk food	
Member has a complete list of ingredients and clear and concise directions written out. Includes approximate preparation times.	Missing one criterion under Excellent	Missing two criteria under Excellent	Missing three criteria under Excellent	
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 ingredients of the lunch fit (or do not fit) into My Plate verbally. Member has suggestions on how to alter the lunch to be more nutritious if appropriate.	Member can explain how the ingredients of the lunch fit (or do not fit) into My Plate verbally. Member cannot suggest how to alter the lunch to be more nutritious if appropriate	Member cannot explain how the ingredients of the lunch fit (or do not fit) into My Plate. Member has suggestions on how to alter the lunch to be more nutritious if appropriate	Member cannot explain how the ingredients of the lunch fit (or do not fit) into My Plate. Member cannot suggest how to alter the lunch to be more nutritious appropriate	
The member can explain clearly why they chose the items for the lunch. The member is engaging with the judge	The member has a weak reason for choosing the items for the lunch.	The member has no reason for choosing the items for the lunch but is engaging with the judge.	The member has no reason for choosing the items for the lunch and does not engage the judge	

Total: \_\_\_\_\_ / 40