



**4-H FOODS
THROWDOWN**

Scoring Rubric

Topic	Comments	Score
Food Safety <ul style="list-style-type: none"> • Handled ingredients appropriately to avoid cross contamination. • Practiced correct cooking procedures based upon ingredients provided. 		/20
Food Preparation <ul style="list-style-type: none"> • Exhibited knowledge of how to use equipment safely. • Displayed a logical process in mixing and assembling ingredients. • Completed task efficiently and in a logical order. 		/20
Nutrition - MyPlate <ul style="list-style-type: none"> • Knowledge of MyPlate. • Serving sizes and examples of MyPlate groups based on 2000 calorie diet. • Told how MyPlate represented in dish prepared. 		/20
Presentation <ul style="list-style-type: none"> • Displayed effective communication skills. • All team members contributed to the presentation. 		/20
Teamwork <ul style="list-style-type: none"> • All team members involved in planning, cooking, and presenting. • Team members communicated effectively. 		/10
Taste <ul style="list-style-type: none"> • Used mystery ingredient effectively (automatic 10 point deduction if not present). • Food is appealing and appetizing. • Attractive and appropriate garnish. 		/10