

D8 4-H FOOD CHALLENGE

Junior & Intermediate Worksheet

CATEGORY		TEAM MEMBERS	
COUNTY & TEAM #			

Knowledge of MyPlate (Write the food and in what food group it belongs):		
Food	MyPlate	Number of servings needed each day

Nutrient Knowledge (Know what this dish contributes to the diet):		
Food	Nutrients/Vitamins	What do they do for my body?

Food Preparation (Know the steps in the preparation of the food):	
Steps:	What was prepared/performed in this step?

Food Safety (List food safety concerns associated with this dish):

Serving Size information