MINNESOTA 4-H PROJECT EVALUATION
FOOD REVUE

4-Her Name: ____________________________________________ Grade: ____________
County or Club: _____________________ Years in 4-H: ________ Years in Project: ____

- Purple
- Blue
- Red
- White
- Other

Comments:
- Strengths/accomplishments
- Skills learned
- Areas to work on
- Possible new challenges
- Questions to think about

50% of Score

Learning Involved:
- **Food Knowledge**
  - Knows procedures for preparing food.
  - Understands principles of food preparation.
  - Is appropriate to age, ability, interest, project.
- **Management Knowledge**
  - Understands time management of meal preparation.
  - Knows approximate cost of food and meal.
  - Knows skills needed to prepare this meal.
  - Can share personal learning from their successes and challenges.
- **Nutrition Knowledge**
  - Knows nutritional contribution of food and meal.
  - Understands how meal fits daily diet.
  - Knows ways to vary nutritional contribution.
- **Meal Planning Knowledge**
  - Food fits the meal/occasion.
  - Can describe alternatives for the meal/occasion.

50% of Score

Workmanship & Techniques of Project:

General Appearance and Design
Menu is included
- **Food**
  - Temperature
  - Appearance – color, shape
  - Flavor and texture
  - Recipe is included
- **Table Setting**
  - Attractive in appearance
  - Appropriate to meal – casual or formal
  - Realistic
  - Correctly arranged
  - Colored photo is included
### Rules
- Exhibitor should bring: one item of food from the menu; and a place setting which includes dishes, silverware, linens, and centerpiece for the course in when the food is served.
  - a recipe for that food mounted on an 8 1/2” x 11” poster, preferably freestanding;
  - a meal menu mounted on an 8 1/2” x 11” poster, preferably freestanding;
  - a mounted color photo of the place setting with the food item shown.

### Guidelines
- Select a tested recipe from a reliable cookbook, 4-H bulletin, or other dependable source.
- Plan for table coverings or mats, dishes, glassware, silverware, and centerpiece for use for serving the food.
- Figure cost of preparing the meal/snack, including price per serving.
- Know nutritional value.
- Resources should be credited and documented in the exhibit (e.g., books, internet, 4-H or Extension publications, person with special knowledge, magazine articles, etc.).

### Project Ideas
- Explore ethnic foods
- Magazines offer a variety of different recipes to use
- Snacks
- Quick meals
- Family favorites

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**Resources Available:**

**Web site for Minnesota 4-H resources:**
www.mn4-H.umn.edu/projects

**Web site for National 4-H resources:**
http://www.4-hdirectory.org/ (Click Browse)
- Foods A: Six Easy Bites
- Foods B: Tasty Tidbits
- Foods C: You're The Chef
- Foods D: Foodworks

http://www.4-hmall.org/Curriculum.aspx

**Web site for USDA “Food Guide Pyramid”**

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