

Stir-Ups Cooking Contest – Dish Preparation Score Sheet

Participant Name(s): _____ Division: Jr. (ages 8-10); Int. (ages 11-13); Sr. (ages 14+)

Dish Being Prepared: _____ Start Time: _____ End Time: _____

	Points Possible	Score	Comments
<u>SIMPLICITY:</u> • Can this recipe be easily made by a person with “average” cooking skills? • Creative use of commonly found foods? • Is the dish quick to prepare?	10		
<u>EFFECTIVE WORK HABITS:</u> • Uses effective time management techniques. • Leaves kitchen clean. • Both team members participate in the efforts and work as a team (if applicable).	15		
<u>FOOD PREPARATION SKILLS:</u> • Uses correct food preparation skills (meat...). • Uses proper safety and sanitation skills (washed hands). • Dish does not contribute excessive amounts of fat, sugar, or salt?	15		
TOTAL SCORE	40		



Stir-Ups Cooking Contest – Presentation & Taste-Test Score Sheet

Participant Name(s): _____ Division: Jr. (ages 8-10); Int. (ages 11-13); Sr. (ages 14+)

Dish Being Prepared: _____ Start Time: _____ End Time: _____

	Points Possible	Score	Comments
<u>INTERVIEW SKILLS:</u> - Answers are clear, concise, detail given, and answered every question. - Eye contact was maintained during interview. - Introduced self and thanked judge. - Dressed appropriately.	10		
<u>PRESENTATION:</u> Information known: - Selection of dish (Why you chose this dish and why or why it wouldn't be a good meal to prepare every week.) - Preparation process (Describe dish chosen). - Nutritional value of dish (What did you discover?) - Overall learning and cooking experience (How often do you cook? What is your favorite dish(es) to cook?) - Both team members participate in presentation (if applicable).	15		
<u>APPEAL:</u> - Has appetizing appearance, aroma, and flavor. - Includes variety or contrast in color, texture, flavor, etc. - Creative use of ingredients.	20		
<u>NUTRITION:</u> - Is the portion appropriate? - Dish does not contribute excessive amounts of fat, sugar, or salt? - Is the dish an overall healthy dish?	15		
TOTAL SCORE	60		

