NAME	4-H CLUB		
PROJECT	4-H AGE (AS OF 1/1)		

## **4-H FOOD AND NUTRITION SCORE SHEET**

Criteria	Excellent	Proficient	Needs Improvement	<b>Total Points</b>
				Earned
PORTFOLIO COMPONENTS	(25 TOTAL POINTS POSSIBLE):			
Knowledge (15 points)	Member WAS ABLE to verbally present	Member WAS ABLE to verbally present one	Member WAS ABLE to verbally present one of	
	one of the following for ALL interest	of the following for MOST interest areas:	the following for SOME interest areas:	
	areas: knowledge gained, skill acquired,	knowledge gained, skill acquired, and/or a	knowledge gained, skill acquired, and/or a	
	and/or a reflection on a recipe.	reflection on a recipe.	reflection on a recipe.	
Interest Areas (5 points)	Member WAS ABLE to include ALL of the	Member WAS ABLE to include MOST of the	Member WAS NOT YET ABLE to include most	
	interest areas in the portfolio.	interest areas in the portfolio.	of the interest areas in the portfolio.	
Organization (5 points)	Member WAS ABLE to ORGANIZE the	Member WAS MOSTLY ABLE to ORGANIZE	Member WAS NOT YET ABLE to ORGANIZE	
	portfolio in a neat and logical way.	the portfolio in a neat and logical way.	the portfolio in a neat and logical way.	
PROJECT BOOK (30 TOTAL POINTS POSSIBLE):				
Completion (15 points)	Member WAS ABLE to complete ALL	Member WAS ABLE to complete SOME	Member WAS NOT YET ABLE to complete the	
	required Project Steps in the project book.	required Project Steps in the project book.	required Project Steps in the project book.	
Content Questions (15 points)	Member WAS ABLE to demonstrate a	Member WAS ABLE to demonstrate a	Member WAS NOT YET ABLE to demonstrate	
, , ,	COMPLETE understanding of content	PROFICIENT understanding of content	PROFICIENT understanding of content	
	material.	material.	material.	
<b>NUTRITION APPLICATION (</b>	25 TOTAL POINTS POSSIBLE):			
Menu (15 points)	Member WAS ABLE to create a written	Member WAS ABLE to create a written	Member WAS ABLE to create a written menu	
, , ,	menu that included ALL of the following:	menu that included MOST of the following:	that included SOME of the following: one	
	one day's meals and snacks, one food	one day's meals and snacks, one food item	day's meals and snacks, one food item from	
	item from the project book, and outlined	from the project book, and outlined	the project book, and outlined servings per	
	servings per meal/snack.	servings per meal/snack.	meal/snack.	
Place Setting (10 points)	Member WAS ABLE to exhibit a place	Member WAS PARTIALLY ABLE to exhibit a	Member WAS NOT YET ABLE to exhibit a	
	setting that was attractive, appropriate	place setting that was attractive,	place setting that was attractive, appropriate	
	for the menu item from the project book,	appropriate for the menu item from the	for the menu item from the project book, and	
	and placed correctly.	project book, and placed correctly.	placed correctly.	
INTERVIEW SKILLS (20 TOT	AL POINTS POSSIBLE):			
Communication (15 points)	Member WAS ABLE to speak loudly and	Member WAS PARTIALLY ABLE to speak	Member WAS NOT YET ABLE to speak loudly	
	clearly, maintain eye contact, provide	loudly and clearly, maintain eye contact,	and clearly, maintain eye contact, provide	
	complete answers, and converse without	provide complete answers, and converse	complete answers, and converse without	
	prompting.	without prompting.	prompting.	
Personal Qualities (5 points)	Member WAS ABLE to exhibit ALL of the	Member WAS ABLE to exhibit MOST of the	Member WAS NOT YET ABLE to exhibit the	
	following personal qualities: positive first	following personal qualities: positive first	following personal qualities: positive first	
	impression, poised, pleasant, well-	impression, poised, pleasant, well-	impression, poised, pleasant, well-groomed,	
	groomed, and appropriately dressed.	groomed, and appropriately dressed.	and appropriately dressed.	

COMMENTS: