

NAME \_\_\_\_\_

4-H CLUB \_\_\_\_\_

PROJECT \_\_\_\_\_

4-H AGE (AS OF 1/1) \_\_\_\_\_

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

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

COMMENTS: