



# HEALTHY CUISINE

## SCORE SHEET

**RIBBON AWARDED**  
(circle one)

**BLUE**  
**RED**  
**WHITE**

Name \_\_\_\_\_ County \_\_\_\_\_

Name \_\_\_\_\_ County \_\_\_\_\_

Dish being prepared \_\_\_\_\_

Time: 1 point/minute will be subtracted from total score for going over 60 minutes					
	Outstanding	Excellent	Very Good	Good	Fair
<b>SIMPLICITY: (25 POINTS)</b> <ul style="list-style-type: none"> <li>• Can this recipe be easily made by a busy person with “average” cooking skills?</li> <li>• Is there a balance between pre-made convenience foods and simple foods made from scratch?</li> </ul>					
<b>APPEAL: (20 POINTS)</b> <ul style="list-style-type: none"> <li>• Has appetizing appearance, aroma, and flavor</li> <li>• Includes variety or contrast in color, texture, flavor, etc.</li> <li>• Does the meal show creativity in blending the concepts of being quick to prepare and also nutritious?</li> </ul>					
<b>EFFECTIVE WORK HABITS: (20 POINTS)</b> <ul style="list-style-type: none"> <li>• Uses effective time management techniques</li> <li>• Uses correct food preparation skills</li> <li>• Uses proper safety and sanitation skills</li> <li>• Leaves kitchen clean</li> </ul>					
<b>NUTRITION: (20 POINTS)</b> <ul style="list-style-type: none"> <li>• Is the portion appropriate?</li> <li>• Meal does not contribute excessive amount of fat, sugar, or salt?</li> <li>• Is the meal an overall healthy meal?</li> </ul>					
<b>WRITTEN INFORMATION GIVEN TO JUDGES COMPLETE AND CORRECT: (15 POINTS)</b> <ul style="list-style-type: none"> <li>• Information &amp; recipes of prepared meal</li> <li>• Menu Form</li> </ul>					
<b>TOTAL SCORE:</b>					