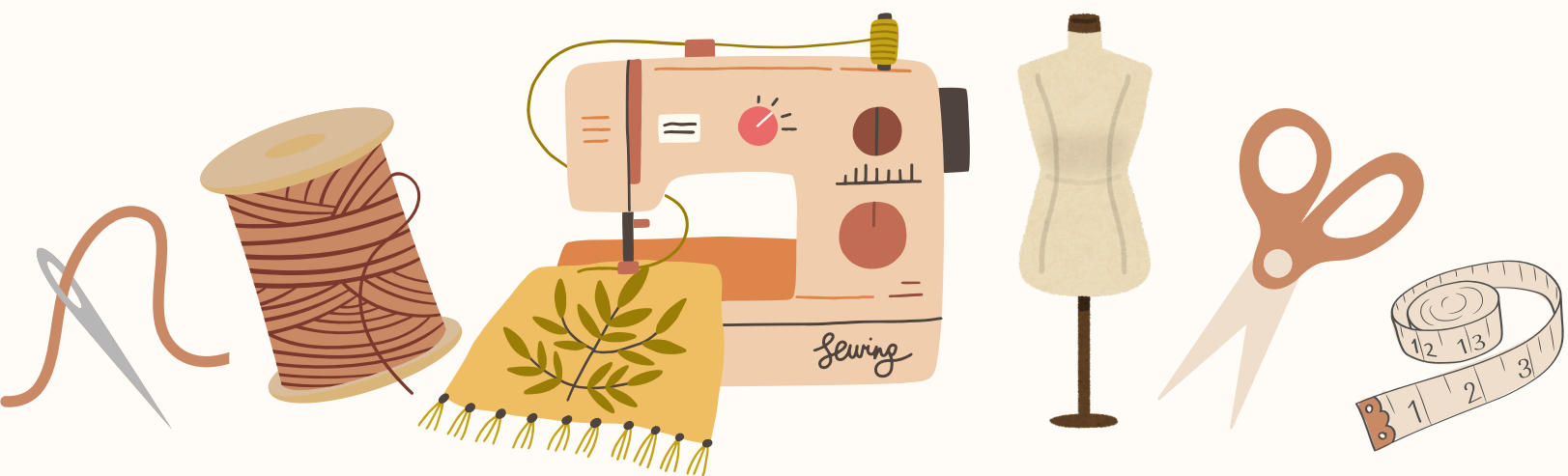




Arizona State 4-H

Family and Consumer Science Day

Rule Book 2025



THE UNIVERSITY OF ARIZONA
Cooperative Extension



The University of Arizona is an equal opportunity provider. Learn more:
extension.arizona.edu/legal-disclaimer

TABLE OF CONTENTS

3

Consumer Decision Making

4

Skill-a-thon

5

FCS Presentations

8

FCS Quiz Bowl

11

Fashion Review

19

Egg Chef Challenge

Arizona 4-H Consumer Decision Making Contest Rules

(This contest is a Qualifier for the 4-H FCS National Championship)

This contest is based on the skills of consumer observation, comparison, and the ability to make a fact-based purchase.

Age Divisions:

Junior – 8-10 Years Old

Intermediate – 11-13 Years Old

Senior – 14-18 Years Old

Age Divisions will be determined by age as of 12/31/2023.

Only Seniors may qualify for the 4-H FCS National Championship

Procedures:

- Each class will consist of 4 items and a scenario. Using the scenario, the contestant should determine the order to place the class from most appropriate to least appropriate and indicate their ranking on the score card.
- Cards must be marked with contestant name, class name and placing. Failure to mark either of these areas will result in a zero for that card.
- Total scores are based on 50 points for each class..
- Ties will be broken by the judges.

References:

- 4-H FCS National Championship
Consumer Decision Making Packet

Awards:

- Each Contestant will be awarded based on the Danish System. Blue Awards will be given to those who exceed expectations. Red Awards will be given to those who meet expectations. White Awards will be given to those who do not meet expectations.
- Each age division may have one champion.

Arizona 4-H FCS Skill-a-thon Rules

(This contest is a Qualifier for the 4-H FCS National Championship)

FCS Skill-a-thon is a written test where contestants will answer questions about Sewing/Clothing, Interior Design/Housing, and Food/Cooking.

Age Divisions:

Junior – 9-10 Years Old
Intermediate – 11-13 Years Old
Senior – 14-18 Years Old

Age Divisions will be determined by age as of 12/31/2023.

Only Seniors may qualify for the 4-H FCS National Championship

Stations to be Completed:

- Sewing/Clothing related ID: Identify from a provided list of fabrics, fasteners, seams, design/cut, and other items related to apparel, fashion design, and/or sewing.
- Interior Design/Housing related ID: Identify from a provided list of decorating techniques, colors, patterns, design elements and/or layouts.
- Food/Cooking related ID: Identify from a provided list of appliances, utensils, spices, herbs and/or other food related items.
- 25 question test that will include identification and definitions on all study materials.
 - Senior Contestants will have 15 minutes at each station.
 - Intermediate Contestants will have 15 minutes at each station but will have fewer and less complicated questions.
 - Junior Contestants will have unlimited time at each station and will have fewer and less complicated questions.

References:

4-H FCS National Championship Skill-a-thon ID Packets

Scoring:

- Each item correctly identified will receive 1 point. Scores from all 4 stations will be added together to create the final score.
- Ties will be broken by the judge(s).

Awards:

- Each Contestant will be awarded based on the Danish System. Blue Awards will be given to those who exceed expectations. Red Awards will be given to those who meet expectations. White Awards will be given to those who do not meet expectations.
- Each age division may have one champion.

Arizona 4-H FCS Presentation Contest Rules

(This contest is a Qualifier for the 4-H FCS National Championship)

An FCS Presentation can be done on any topic pertaining to family and consumer sciences or home economics. The presentation can be an illustrated talk or a demonstration, but must use visual aids.

Age Divisions:

Junior – 8-10 Years Old
Intermediate – 11-13 Years Old
Senior – 14-18 Years Old

Age Divisions will be determined by age as of 12/31/2023.

Only Seniors may qualify for the 4-H FCS National Championship

Rules:

- Contestants may participate in this contest as an individual or team of two. Team and individual presentations will be judged on the same criteria and will be competing against one another (there are not separate team and individual categories).
- Contestants shall be in Official 4-H dress or Business Casual.
- The subject matter must pertain to the home economics or family and consumer sciences subject matter. Presentations not appropriately related to home economics or family and consumer sciences can be disqualified at the discretion of the judge(s).
- The presentation may be a demonstration or illustrated talk. All references to the term “presentation” in these rules include either demonstration or illustrated talk. A demonstration is defined as a presentation of a step by step procedure with an end product or result. An illustrated talk is defined as a presentation of an idea or topic that uses visual aids to convey the message. Both presentation forms are acceptable and will be evaluated equally, although the delivery methods are different as defined above. Both should utilize visual aids to help convey the major points of the presentation and more than one type of visual aid is preferable. Visual aids may include, but are not limited to: handouts, poster, props, videos, slides, and computer generated media.
- Creative audio visual aids may be used, but the contestant must be involved in the making or designing them.
- Contestants are responsible for bringing equipment (including all necessary computer cords), supplies and visual aids. Special arrangements for equipment must be made with the Superintendents prior to the contest.
- Contestants may use notes. However, excessive use of notes may be counted against the contestant. This will be at the discretion of the judges.
- A public address system will not be used, but an easel, podium and table will be provided.
- During the competition the contestants may introduce themselves by name, club and presentation topic.

- Contestants should cite their major reference materials as part of their presentation. This will be counted as part of their time.
- Only the judge(s) may ask questions of the contestant. Question time will not be counted in the allotted time.
- Contestant order will be determined by a random drawing the morning of the contest.
- Ties will be broken by the judges.
- Only videography or pictures of your contestant is allowed. All participant speeches may be filmed or photographed by contest officials with individual consent.
- Once an individual or team has started their demonstration (in this case it is after they have been introduced by the superintendent), they may not receive assistance from any coach, parent, audience member, or other person, which includes, but is not limited to, the stroking of any key on a computer, other audio visual device, holding posters, demo props, etc. Violating this rule is disqualification. However, the Superintendent may assist Junior members if a problem occurs with audio visual equipment or visual aids.

Time Limits:

- Seniors - Presentations must be at least 10 minutes in length, but no longer than 15 minutes.
- Intermediates - Presentations must be at least 5 minutes in length, but no longer than 10 minutes.
- Juniors - Presentations must be at least 3 minutes in length, but no longer than 8 minutes.
- Participants will be given a 30 second reminder before the minimum time is met and a 30 second warning before the end of time period.
- Time for answering questions is not counted in the presentation length.
- One point will be deducted for each minute or fraction of a minute under or over the time limits.

Awards:

- Each Contestant will be awarded based on the Danish System. Blue Awards will be given to those who exceed expectations. Red Awards will be given to those who meet expectations. White Awards will be given to those who do not meet expectations.
- Each age division may have one champion.

Arizona 4-H

FCS Presentation Contest

Score Sheet



Contestant _____

County _____ Club _____

Title _____

Please circle a score for each area

Category	Excel	Good	Fair	Needs Improve.	Comments (additional comments may be made on the back of this sheet)
Appearance (10 points possible)					
Suitably dressed	5	4 3	2	1	
Poise & Posture	5	4 3	2	1	
Introduction (15 points possible)					
Appropriateness of topic	5	4 3	2	1	
Attention of audience gained	5	4 3	2	1	
Purpose clearly stated	5	4 3	2	1	
Body (50 points possible)					
Accurate and complete	10 9	8 7 6	5 4 3	2 1	
Correct Method (illustrated or demonstrated)	10 9	8 7 6	5 4 3	2 1	
Information presented in a logical order - Educational	10 9	8 7 6	5 4 3	2 1	
Skilled use of visual/other aids	10 9	8 7 6	5 4 3	2 1	
Overall effective presentation	10 9	8 7 6	5 4 3	2 1	
Summary (15 points possible)					
Purpose Achieved	5	4 3	2	1	
Main points summarized	5	4 3	2	1	
Quality of References	5	4 3	2	1	
Questions (10 points possible)					
Clear and concise response	5	4 3	2	1	
Keeps composure	5	4 3	2	1	
Column Total					

Presentation Time

Total Time: _____

Total Points (100 possible) _____

Less Penalty _____

Excessive Use of Notes (minus 3 points)

Time penalty (minus 1 point for each minute or fraction of a minute)

Junior under 3 minutes or over 8 minutes

Intermediate under 5 minutes or over 10 minutes

Senior under 10 minutes or over 15 minutes

Total Score _____

Arizona 4-H FCS Bowl Contest Rules

(This contest is a Qualifier for 4-H FCS National Championship)

FCS Bowl is a trivia game, where members prove what they know about family and consumer sciences. Questions are asked of participants who will activate their buzzer if they know the answer. Participants will compete in heats or groups of up to 8 contestants playing at one time. Each player has an individual buzzer and is playing for an individual score. Members will compete in their specific age division:

Age Divisions:

Junior – 9-10 Years Old
Intermediate – 11-13 Years Old
Senior – 14-19 Years Old

Age Divisions will be determined by age as of 12/31/2023.

Only Seniors may qualify for 4-H FCS National Championship

Questions: There are three types of questions:

- One-on-one questions will be asked to only two competitors. The pairing of competitors will be done at random by contest organizers. Each competitor will have a minimum of two up to a maximum of four One on One questions per round or heat.
- Toss-up questions – open for response by any member of either team.
- Bonus questions – attached to select toss-up questions and are only open to the competitor that won the toss-up question. No part of the bonus question may be repeated or any additional information given to the contestant.
- Question types may include multiple choice, fill in the blank, open-ended, and true/false.

Game Structure:

- A game consists of two rounds that are divided into halves.
- The first half of the round is one-on-one competition. The moderator indicates which two contestants are eligible to respond prior to the reading of each question.
 - Be careful during the One-on-One round – if the question is not directed to you, you may not buzz in! Contestants who buzz in when the questions is not directed to them will have one point subtracted from their score each time they buzz in inappropriately.
- The second half of the round consists of 20 toss-up questions and 4 bonus questions. All competitors are eligible to respond to the toss-up questions.
- When a contestant knows the answer to the Toss Up or their One on One question, they activate their buzzer. The first participant to buzz in must be recognized by their name by the Moderator before they answer.
 - If a competitor buzzes in, but fails to wait for the moderator to recognize them by name, their answer will be ruled “incorrect”.
- Participants not competing in the current round of play are required to stay in the assigned holding room. Study materials are not allowed in the holding room.

- If a question is thrown out either due to poor reading by the moderator or a decision by the judges, it will be replaced by another question so that the total number of questions remains consistent.
- After the moderator reads a question, contestants have five (5) seconds to buzz in to indicate they want to answer the question.
- Contestants have five seconds to begin to answer the question after activating the buzzer and being recognized by the moderator.
- If a buzzer is activated during the reading of a question, the moderator immediately stops and the contestant has five seconds after being recognized by the moderator to begin the answer.
- Repeating the question by the contestant is not considered the initiation of the answer.
- It is the responsibility of the moderator and judges to determine if an actual answer was begun within the five-second period.

Rules and Procedure of Play:

- The moderator reads all questions to their completion, or until a contestant activates a buzzer.
- If the answer given is incorrect, the question will not be repeated for the other contestants, but it will be discarded.
- If the time elapses without a contestant activating a buzzer, there is neither loss nor gain of points for any competitor.
 - If a bonus question was attached to an unanswered toss-up question, that bonus question is then transferred to the next question.
- If the question is answered correctly within the five-second time limit, that contestant scores two points.
 - If a bonus question is attached to the correctly answered toss-up question, the moderator then reads the bonus question and a ten- second period is given to begin the answer.
 - No part of the bonus questions will be repeated nor will any additional information be given.
- Any contestant or the moderator may call a time-out for clarification of a rule, or to allow for unexpected problems. These time-outs may be called only after a question has been answered and before the start of the next question.
- To preserve the fairness of this contest and the integrity of all the contestants who have dedicated their time and effort, no note taking, recording devices, or cameras are allowed in the contest room.
 - Failure to observe this rule will result in dismissal from the contest area and disqualification of the contestant.
- Holding Room- when not competing, members will be held in holding room where they will be monitored. Any member found talking about or discussing family and consumer sciences in any way will be disqualified.

Scoring:

- All questions (one-on-one, toss-up and bonus) are worth two points.
- The gain or loss of points is declared as follows:
 - Correct response – gain two points
 - Incorrect response – loss of one point
- For one-on-one and toss-up questions, if the time elapses (5 seconds) without a contestant activating a buzzer, there is neither loss nor gain of points to either team.
- Failure to answer a bonus question results in no loss of points.
- Following the final question, the team with the highest number of points is declared the winner of that round.
- In the event of a tie after both rounds of play, five additional toss-up questions will be asked only to the contestants included in the tie.

Awards:

- Each Contestant will be awarded based on the Danish System. Blue Awards will be given to those who exceed expectations. Red Awards will be given to those who meet expectations. White Awards will be given to those who do not meet expectations.
- Each age division may have one champion.

Arizona 4-H Fashion Revue Contest Rules

(This contest is a Qualifier for the 4-H FCS National Championship)

Fashion Revue is a combination of an oral presentation, modeling of the garment and response to questions from the judges.

Age Divisions:

Junior – 8-10 Years Old
Intermediate – 11-13 Years Old
Senior – 14-18 Years Old

Age Divisions will be determined by age as of 12/31/2023.

Only Seniors may qualify for the 4-H FCS National Championship

Procedures:

- Outfits/Garments can be constructed, purchased or upcycled. All outfits/garments will be judged against each other.
- Contestant order will be determined by a random drawing. A schedule will be posted with the names of the participants in order.
- The contest will be broken into 2 parts: presentation and fashion revue modeling.
- Contestants will give a short presentation about their project. During the presentation, the contestants will be judged on: their oral presentation skills, the content of their oral presentation, the appearance of outfit/garment, and to questions from the judges. The presentation should be in the following format:
 - Name
 - Two minutes or less presentation about their 4-H Clothing and Textiles project. This oral presentation can include information about the garment being modeled, learning experiences or activities within the clothing and textiles project, future project/personal plans, and any other information related to their 4-H career.
 - Questions from the judge(s).
- Contestants will participate in a public fashion show where they will have an opportunity to model in a way to showcase their outfit/garment. Judges will score the contestants on their modeling skills. All contestants will be required to introduce themselves during the public fashion revue.

Scoring:

- Judges will score using the official score sheet, which includes scores for oral presentation, content of oral presentation, appearance of garment, responses to judge's questions, and modeling.
- Ties will be broken by the judges.

Awards:

- Each Contestant will be awarded based on the Danish System. Blue Awards will be given to those who exceed expectations. Red Awards will be given to those who meet expectations. White Awards will be given to those who do not meet expectations.
- Each age division may have one champion.



Arizona 4-H Fashion Revue Constructed Contest Evaluation Form

Contestant Name: _____

Category	Value	Comments	Score
Oral Presentation Skills <ul style="list-style-type: none"> • Introductory presentation/Creates a good first impression • Spoke articulately • Creativity in presentation • Uses positive vocal qualities and facial qualities • Maintains eye contact 	15		
Content of Oral Presentation <ul style="list-style-type: none"> • Describes garment and project work related specifically to the garment • Includes additional project experiences and learning activities from project 	15		
Construction <ul style="list-style-type: none"> • Appropriate construction methods for fabric and garment • Workmanship/Quality of the garments • Neat and secure sewing - smooth seams, evenly spaced darts, pleats, tuck and gathers, tidy stitching and appropriate stitch length • Details, closures and notions appropriate for the fabric and garment. 	25		
Responses to Judges Questions <ul style="list-style-type: none"> • Answers questions correctly, with confidence • Possesses good verbal communication skills • Engagement with judges • Responses demonstrate project knowledge 	15		
Modeling <ul style="list-style-type: none"> • Self-confidence and poise • Movement (posture, walk, stance, gestures) • Personal grooming • Appearance and fit of garment 	30		
	100	Total Score	

Fashion Revue Construction Interview Questions

- What is one thing you learned?
- What sewing experiences have you had?
- Why do you sew? Fit? Originality? Cost?
- What was a new technique for you in sewing this garment?
- What alterations, if any, did you have to make to the pattern?
- Tell us about other sewing projects?
- What surprised you about making this?
- Which technique did you find the easiest?
- Which technique did you find the most difficult?
- What is your next sewing project?
- How do you think your constructed garment compares with purchased garments?
- Where do you plan to wear this outfit?
- Why is this fabric a desirable choice for your garment? Describe fabric characteristics that make it suitable for the intended use of the garment.
- Why did you choose to construct this garment rather than buy it?



Arizona 4-H Fashion Revue Purchased Contest Evaluation Form

Contestant Name: _____

Category	Value	Comments	Score
Oral Presentation Skills <ul style="list-style-type: none"> • Introductory presentation/Creates a good first impression • Spoke articulately • Creativity in presentation • Uses positive vocal qualities and facial qualities • Maintains eye contact 	15		
Content of Oral Presentation <ul style="list-style-type: none"> • Describes garment and project work related specifically to the garment • Includes additional project experiences and learning activities from project 	15		
Consumer Shopping Skills <ul style="list-style-type: none"> • Workmanship - Evaluate the quality of the construction and materials used • Outfit selected meets the needs of the intended purpose • Style, color and fabric - Garment flatters the wearer's body shape and complements skin tone and coloring • Illustrates the value of the purpose 	25		
Responses to Judges Questions <ul style="list-style-type: none"> • Answers questions correctly, with confidence • Possesses good verbal communication skills • Engagement with judges • Responses demonstrate project knowledge 	15		
Modeling <ul style="list-style-type: none"> • Self-confidence and poise • Movement (posture, walk, stance, gestures) • Personal grooming • Appearance and fit of garment 	30		
	100	Total Score	

Fashion Revue Purchased Questions

- Tell me how you went about selecting this outfit.
- What considerations did you use when you selected this outfit? (fiber, fabric, design, construction) • How does this outfit meet your clothing needs?
- Explain how and why the style of this outfit is appropriate for your figure type.
- Are the fibers in your garment natural or man-made?
- How will you care for this garment? Is there any additional cost to consider when caring for this garment?
- Why is this fabric a desirable choice for your garment? Describe fabric characteristics that make it suitable for the intended use of the garment.
- What information does the garment's hangtags give you?
- Why did you select the particular style, color(s), and/or fabric(s)?
- Do you have a clothing budget? If so, who determines the budget amount?
- As you selected the pieces for this outfit, what did you learn about price and quality?
- In your comparison shopping, what did you consider the most important thing to look for?
- What is your "cost per wearing?"



Arizona 4-H Fashion Revue Upcycled Contest Evaluation Form

Contestant Name: _____

Category	Value	Comments	Score
Oral Presentation Skills <ul style="list-style-type: none"> • Introductory presentation/Creates a good first impression • Spoke articulately • Creativity in presentation • Uses positive vocal qualities and facial qualities • Maintains eye contact 	15		
Content of Oral Presentation <ul style="list-style-type: none"> • Describes garment and project work related specifically to the garment • Includes additional project experiences and learning activities from project 	15		
Creativity <ul style="list-style-type: none"> • Workmanship/Quality of the garments • Clever use of design and materials • Uniqueness of design • Successful use of elements and principles of design • Overall effect of the design • Ability to describe techniques used in design 	25		
Responses to Judges Questions <ul style="list-style-type: none"> • Answers questions correctly, with confidence • Possesses good verbal communication skills • Engagement with judges • Responses demonstrate project knowledge 	15		
Modeling <ul style="list-style-type: none"> • Self-confidence and poise • Movement (posture, walk, stance, gestures) • Personal grooming • Appearance and fit of garment 	30		
	100	Total Score	

Fashion Revue Upcycle Your Style Questions

- Describe the design process that you used to come up with your upcycled design.
- Describe the process that you used to create your upcycled design.
- What was your design inspiration?
- What was the overall cost of your Upcycle Your Style outfit?
- Where do you plan to wear this outfit?
- What is one thing you learned?
- Why do you choose to upcycle your fashion?
- How will you care for this garment? Is there any additional cost to consider when caring for this garment?
- How does this outfit meet your clothing needs?
- What is your next upcycling project?
- When shopping for an item to upcycle, what do you consider the most important thing to look for?

Arizona 4-H FCS Egg Chef Challenge Rules

(This contest is a Qualifier for North American International Livestock Exposition)

The FCS Egg Chef Challenge contestants must prepare an egg dish, demonstrate presentation skills, and incorporate knowledge of the egg industry, food safety, egg quality, and nutrition.

Age Divisions:

Junior – 8-10 Years Old
Intermediate – 11-13 Years Old
Senior – 14-19 Years Old

Age Divisions will be determined by age as of 12/31/2024.

Only Seniors may qualify for North American International Livestock Exposition.

Rules:

- Each participant must present a demonstration on the preparation of an egg dish
- The demonstration **must** include the following:
 - Information on eggs: nutritional value, preparation and storage, functional properties, grading and sizing, versatility, and economics of cooking with eggs.
 - Steps in preparation of the dish.
 - A finished dish ready for sampling. This must be prepared in the contest-site kitchen facilities on the day of the contest. Preparation may be prior to the demonstration or during the actual demonstration, depending on the nature of the dish. No contestants may prepare any portion of their dish outside the contest-site facilities.
 - Judges will be served and will sample the finished product at the end of each demonstration. Paper plates and bowls and plastic utensils will be provided and these must be used when serving the judges. Contestants may not give anything to the judges except their recipe (see rule 8) and a sample of their finished product.
- At the time of the demonstration, each contestant must submit to the judges a copy of the recipe used in the demonstration.
- The egg dish **must** contain a minimum of ½ of a large egg per serving however, the use of the entire egg is not required. For example, a dish serving six people may be made with three egg whites.
- The egg dish recipe may utilize prepared packages of food ingredients (i.e., grated cheese) or canned items (i.e., tomato paste).
- Each contestant will furnish his or her own supplies for the demonstration **EXCEPT** the contest committee will provide eggs (size large), electric burners, oven, microwave oven, and refrigerator necessary for the preparation of the egg dish in the kitchen.
- **During the preparation of the product, participants who need to use an oven may have to share it with another participant.**
- Easels will be provided for the demonstration. Only posters and table-top displays will be allowed - No slides or videos. All props and visuals must be displayed on the demonstration table or easels. No additional display tables will be allowed. Posters displayed **must** be the work of the contestant.
- Contestants may use notes. However, excessive use of notes may be counted against the contestant. This will be at the discretion of the judges.

- The preparation room will be off-limits to everyone except the contestants and egg preparation room staff. Contestants will work alone in the contest preparation room unless an emergency arises, in which case they will be assisted by the preparation room staff.
- All contestants **must** remain in the preparation room until after their demonstration. Contestants who have completed their demonstrations **cannot** discuss judges' questions with other contestants until the contest is completed.
- Contestants will be assigned a table for use in the preparation area and for use as a front table in the demonstration. The contest committee will assist in moving this table from the preparation room to the demonstration area. A second 8-foot back table is available in the demonstration area. Tablecloths will be provided; however, contestants may use their own.
- Each contestant is responsible for cleaning up after his or her demonstration.
- Contestants shall be in Official 4-H dress or Business Casual.
- During the competition the contestants may introduce themselves by name, club and presentation topic.
- Only the judge(s) may ask questions of the contestant. Question time will not be counted in the allotted time.
- Contestant order will be determined by a random drawing the morning of the contest.
- Ties will be broken by the judges.
- Only videography or pictures of your contestant is allowed. All participant speeches may be filmed or photographed by contest officials with individual consent.
- Once an individual has started their demonstration (in this case it is after they have been introduced by the superintendent), they may not receive assistance from any coach, parent, audience member, or other person.

Time Limits:

- Seniors - Presentations must be at least 10 minutes in length, but no longer than 12 minutes.
- Intermediates - Presentations must be at least 7 minutes in length, but no longer than 10 minutes.
- Juniors - Presentations must be at least 5 minutes in length, but no longer than 8 minutes.
- Participants will be given a 30 second reminder before the minimum time is met and a 30 second warning before the end of time period.
- Time for answering questions and citing sources is not counted in the presentation length.
- One point will be deducted for each minute or fraction of a minute under or over the time limits.

Awards:

- Each Contestant will be awarded based on the Danish System. Blue Awards will be given to those who exceed expectations. Red Awards will be given to those who meet expectations. White Awards will be given to those who do not meet expectations.
- Each age division may have one champion.

Arizona 4-H FCS Egg Chef Challenge Score Sheet



Contestant _____

Dish _____ Age _____

Category	Excellent	Good	Fair	Needs to Improve	Comments (additional comments may be made on the back of this sheet)
Demonstration					
Appearance (5 points) Poise, posture & dress	5	4 3	2	1	
Introduction (5 points) Interesting and purpose stated	5	4 3	2	1	
Nutrition Info (10 points) Accurate, complete and up to date	10 9	8 7 6	5 4 3	2 1	
Knowledge of Eggs (10 points) Preparation, storage, grading, etc.	10 9	8 7 6	5 4 3	2 1	
Summary (5 points) Main points restated	5	4 3	2	1	
Questions (5 points) Clear and concise response	5	4 3	2	1	
Delivery (5 points) Voice projection and confidence	5	4 3	2	1	
Technique (5 points) Correct demonstration and materials	5	4 3	2	1	
Visuals (5 points) Appropriate, clean, appealing	5	4 3	2	1	
Completed Dish					
Sensory Appeal (15 points) Appearance, aroma and flavor	15 14 13	12 11 10	9 8 7 6 5	4 3 2 1	
Reason for Selection (5 points) Selected for convenience, nutrition, etc.	5	4 3	2	1	
Health Aspects (5 points) Nutritionally appropriate	5	4 3	2	1	
Recipe (5 points) Written correctly and not outdated	5	4 3	2	1	

Presentation Time

Total Time: _____

Junior – 5-7 Minutes
Intermediate – 7-10 Minutes
Senior – 10-12 Minutes

Total Points (100 possible)

Less Penalty

- Excessive Use of Notes (minus 3 points)
- Time penalty (minus 1 point for each minute or fraction of a minute)

Total Score
