

# Colorado 4-H Foods and Nutrition Project Judging Sheet

## Outdoor Cooking and Living Unit 25

American System Placing: (Check One)

**Champion** \_\_\_\_\_  
**Reserve Champion** \_\_\_\_\_  
**Placing 3-10** \_\_\_\_\_  
**Grand Champion** \_\_\_\_\_  
**Reserve Grand Champion** \_\_\_\_\_

Danish System Award: (Check One)  
 (For County Use Only)

**Blue** \_\_\_\_\_  
**Red** \_\_\_\_\_  
**White** \_\_\_\_\_

Member Name: \_\_\_\_\_

Jr. \_\_\_\_\_ Int. \_\_\_\_\_ Sr. \_\_\_\_\_ (Check One) Year in Project: \_\_\_\_\_

Exhibit: One of the following:

- A box lunch
- One cup (8 oz.) of instant drink mix
- Display board illustrating what was learned
- First aid
- Piece of equipment made by the member

Completed e-Record secured in a sturdy binder/notebook.

Judges may use the back of the form for more comments.

### Judging Element 1: 4-H e-Record: E=Excellent, G=Good, F=Fair and N/I=Needs Improvement—must have comments

Item	E	G	F	N/I	Comments
Record Cover: Complete or Not Complete: Yes <input type="checkbox"/> , No <input type="checkbox"/>					
Project Goals (Juniors at least one goal, Intermediates at least two goals, Senior at least three goals)					
Project Info. & Activity Log (Looking for project information---meetings, tours, practices, etc., and how much time spent on project.)					
Demonstration (At least one demonstration—does not have to be in project area)					
Community Service (At least one community service—does not have to be in project area)					
Expense Record (Looking for the cost of practicing and making the project)					
How Did You Do? (Looking at the explanation of how the person rated themselves)					
Project Photos (Pictures should show progress in the project with captions)					
Project Story (Should be related to the project)					
Specific Project Information (Does not apply to this project)					

### Judging Element 2: 4-H Foods and Nutrition Project Exhibit N/I=Needs Improvement—must have comments

Item	E	G	F	N/I	Comments
Foods and Nutrition Unit 25 Exhibit---Meets Guidelines: Yes <input type="checkbox"/> , No <input type="checkbox"/> (Check One)					
<b>1. Box Lunch:</b>					
Appropriateness					
Food safety considerations					
Overall appeal					
Nutrition					
<b>2. Instant Drink (8 oz.)</b>					
Nutritional quality					
Properly packaged (labeled)					
Overall appeal					
<b>3. Camp or first aid display</b>					
Educational Merit					
Accuracy of Information					
Identified potential hazards					
Environmentally appropriate					