## **D8 4-H FOOD CHALLENGE**



## Junior & Intermediate Worksheet

CATEGORY	TEAM MEMBERS
OUNTY & TEAM #	

Knowledge of MyPlate (Write the food and in what food group in belongs):				
Food	MyPlate	Number of servings needed each day		

Nutrient Knowledge (Know what this dish contributes to the diet):			
Food	Nutrients/Vitamins	What do they do for my body?	

Food Preparation (Know the steps in the preparation of the food):				
What was prepared/performed in this step?				

Food Safety (List food safety concerns associated with this dish):

Serving Size information