



Junior Chef Judging Sheet

Judge # _____

Team Name: _____

Team Name: _____

School, County and State: _____

Recipe Name: _____

Fruits and Vegetables: Beets, Apples, Carrots, Onions, Broccoli, Cauliflower, Potatoes, Corn, Green Beans, Cabbage, Zucchini, All varieties of Squash, Pumpkin, Turnips, Sweet Potatoes, Kale, Lettuce, Tomatoes, Cucumbers, Strawberries, Black Raspberries, Blueberries, Blackberries, Watermelon, All varieties of Peppers, Peaches, Okra, Egg Plant, Brussels Sprouts, Celery, Radishes, Herbs.

Meats: Beef, Poultry, Pork, Fish, Lamb and Goat **Grains:** Cornmeal and Whole Wheat Flour **Dairy:** Milk, Cheese, Butter and Sour Cream
Plus: Eggs, Honey and Sorghum

RECIPE SUBMISSIONS MUST MEET ALL REQUIREMENTS LISTED TO QUALIFY FOR STATE WIDE COOKING COMPETITION

RECIPE EVALUATION SCORES WILL NOT CARRY OVER TO THE COOKING COMPETITION OR BE ADDED TO THE FINAL SCORE.

(Stage ONE) Recipe Evaluation	Points	Score
Recipe meets the National School Lunch Program meal pattern and nutrition standards.	5	
Recipe incorporates at least one (2) USDA Commodity Food item.	5	
Is the recipe a COP item or consist of a Center of Plate item with a side item	5	
Is the recipe original	5	
Does the recipe contain a minimum of 3 locally South Carolina grown items	5	
Does the recipe entry contain the nutrient analysis meeting USDA guidelines	5	
Recipe is practical for use by School Nutrition professionals and cost effective	5	
Are all parts of the application submission complete and accurate	5	
Judges' Comments:	40 Points	
Time Management	Points	Score
Recipe and Work Plan are included in Entry Packet and follow template provided.	10	
All steps needed for preparation were included on plan.	8	
Sufficient time allowed for preparation, service and clean up in work plan.	7	
Judges' Comments:	25 Points	
Final Score _____ Does Team Qualify for State Competition	YES	NO

Stage Two: Cooking Competition		
Food Preparation Skills, Safety and Sanitation		
Use of correct principles and methods of food preparation.	12	
All preparation was completed on-site (nothing was prepared ahead of time).	8	
All food preparation equipment and utensils were used safely and properly.	5	
All food was cleaned, handled, and cooked properly.	6	
Thermometer was used for food safety & quality.	8	
Contestants washed hands before handling food and as needed throughout.	5	
Contestants' hair was completely covered with a hair net or hair restraint.	5	
No earrings, nail polish, jewelry or visible piercings.	4	
All HACCP and Food Safety principals were employed thorough out preparation.	5	
Work & serving areas were left clean and tidy, i.e. tables, swept floor, etc.	4	
Contestant's clothing was appropriate and clean.	5	
Judges' Comments:	67 Points	
Creativity, Innovation, and Taste Appeal	Points	Score
Recipe has a pleasing overall appeal.	15	
Food was arranged attractively on the plate.	5	
Recipe had a pleasing overall flavor.	15	
Recipe included a contrast in textures, i.e. soft, chewy, crisp, tender, etc.	4	
Recipe included a contrast in flavors, i.e. strong, mild, sweet, tart, salty, etc.	4	
Recipe textures were appropriate, i.e. tender meat, crisp veg, and lump-free gravy.	4	
Natural flavors were enhanced by appropriate seasonings.	6	
Creativity was used in the recipe development.	10	
Judges' Comments:	63 Points	
General Nutrition Knowledge		
Contestant's responses to questions demonstrated their knowledge.	5	
Contestants exhibited knowledge and were able to articulate by the way of a speech, the importance of buying and using local products.	15	
Judges' Comments:	20 Points	
Subtract 5 points for each 5 minutes contestants exceed the 1.5 hour time allocation. Disqualified after 15 minutes	-	
Total:	150	
Bonus: 1 point per SC Grown ingredient in excess of three (3) products for a maximum of 5 (circle total amount). *All SC Grown ingredients will be noted in red on the recipe. (Garnish does not count for points)	1,2,3,4,5	
Final Score:		