## "Foods of the Pacific Northwest" Judge's Information Form

| Division: ( ) Junior $\quad$ ( ) | One food prod Fruit or Vegetable dish Salad Sandwich Grain product | uct chosen fro <br> ( ) Dairy <br> ( ) Yeast <br> ( ) Main dish | : <br> roduct <br> product <br> sh |
| :---: | :---: | :---: | :---: |
| Your name |  | County |  |
| Name of Recipe |  |  |  |
| List of Ingredients and Amounts |  |  | Estimated Cost (market prices) |
|  |  |  | \$ |
|  |  |  | \$ |
|  |  |  | \$ |
|  |  |  | \$ |
|  |  |  | \$ |
|  |  |  | \$ |
|  |  |  | \$ |
|  |  |  | \$ |
|  | Total Cost: \$ |  |  |
|  | Numb | of Servings: |  |
| Recipe Directions: | Cost Per Serving: <br> (Total cost divided by number of servings) |  | \$ |

$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

Continue on back of page if necessary

4-H Food Preparation Contest, Judge's Information Form, page 2

## Menu(s)

Intermediates: Plan a menu for one meal in which the food you are preparing might be served. Identify each food on the menu by food group.

Seniors: Plan menus for three meals during a day the food you are preparing might be served. Identify each food on the menu by food group.

Food Group
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
Food Group
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

## Food Group

$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

