



NH TEEN Cook Off Scoring Sheet

Breakfast For Lunch

Entry Name: _____

Region: _____

Entries per portion must:

- *not exceed \$3.50 in food cost,*
- *be between 750-850 calories and*
- *≤ 1420 mg of Sodium.*

This is based on nutrition guidelines for 9-12 grade students.

Portion cost: _____

Calories per portion: _____

Sodium per portion: _____

Nutrition Requirements: *Give 10 points for each yes answer*

			Points
The entry meets portion cost requirements	Yes	No	_____
The entry meets calorie requirements	Yes	No	_____
The entry meets sodium requirements	Yes	No	_____

Eating Experience

Appearance/Presentation: Rate from 1 to 5

5 is the best, 4 is very good, 3 is good, 2 is just ok, 1 is not good

					Points
1	2	3	4	5	_____

Comments:

Taste: Rate from 1-5

5 is the best, 4 is very good, 3 is good, 2 is just ok, 1 is not good

					Points
1	2	3	4	5	_____

Comments:

Use of NH Eggs *Circle one*

- A. Creative 10 points
- B. Somewhat creative 5 points
- C. Unoriginal 2 points

Points

Total Points: _____

Comments: