

# **Savor the Flavor of Mississippi**

## **Jr. Chef Competition**

### **“Judges Scoring Guidelines”**



**April D. Catchings, M.S., M.P.H**  
**Competition Coordinator**



Team Name \_\_\_\_\_ Team Number \_\_\_\_\_

School District \_\_\_\_\_

Recipe Name \_\_\_\_\_

Does Team have "Recipe Packets" available for each Judge? \_\_\_\_\_ Yes \_\_\_\_\_ No

Time Management & Teamwork	Points	Score
Team submitted recipe packets in color.	5	
Team prepared, cooked, and plated the recipe within the timeframe of two (2) hours or less.	7	
The team followed the work plan to complete the recipe within the time frame (work plan must be TYPED).	5	
All steps needed for preparation were completed onsite in real time.	4	
<b>Judges' Comments:</b>	<b>21 Points</b>	
Food Preparation Skills, Safety and Sanitation	Points	Score
<b>Use of correct principles and methods of food preparation:</b>		
Variety of steps were used in cooking preparation and procedures such as: proper use of equipment, cooking utensils, adequate culinary, knife & chopping skills	15	
Sanitizing Countertops	15	
Gloves were worn consistently while handling ready to eat foods.	7	
Contestant's washed hands before and during handling of food.	7	
Thermometer was used for food safety & quality.	6	
Food was cleaned, stored, and cooked properly.	5	
Contestants wore hair restraints at all times while working with food (hair net or hat).	5	
Workstations were left clean and tidy, i.e., dishes washed, tables cleaned, floor swept, etc.	4	
<b>Judges' Comments:</b>	<b>64 Points</b>	

<b>Recipe Requirements (Creativity, Innovation, &amp; Taste Appeal)</b>	<b>Points</b>	<b>Score</b>
Recipe meets the National School Lunch Program meal pattern and nutrition standards and must include <b>3 of the 5 meal components</b> . ( <i>Components include: milk, fruits, vegetables, grains, and meat/meat alternates (MMA).</i> )	20	
Recipe incorporates at least two (2) local ingredients ( <b>MS GOODS</b> ).	14	
Recipe incorporates at least one (1) USDA Food item ( <i>Contact Child Nutrition Director</i> ).	18	
Recipe is replicable <b>and/or</b> adaptable by the Child Nutrition Program. Recipe costs ( <i>is it affordable for School Nutrition Program</i> ), ingredients, equipment, staffing and time must be factored into the production of the recipe.	5	
Recipe textures were appropriate (i.e., tender meat, crisp veg, and lump-free gravy etc.).	5	
Natural flavors were enhanced by appropriate seasonings.	8	
Recipe included a contrast in flavors, i.e., strong, mild, sweet, tart, salty, etc.	7	
Creativity was used in the recipe development.	10	
Recipe yields at least six (6) servings.	5	
Recipe is kid friendly.	5	
<b>Possible Bonus Points:</b>		
<ul style="list-style-type: none"> <li>Five (5) additional points for using <b>MS Spice Blends</b> in recipes. (<i>Contact Child Nutrition Director</i>).</li> <li>Team measured all ingredients as printed in the recipe.</li> </ul>	5	
	5	
<b>Judges' Comments:</b>	<b>107 Points</b>	
<b>General Nutrition Knowledge/ Attitude/Appearance/Responses</b>	<b>Points</b>	<b>Score</b>
Contestants exhibited nutrition knowledge and were able to articulate the importance of buying and using local products.	12	
No earrings, nail polish, acrylic/artificial nails, jewelry, or visible piercings.	4	
Contestant's clothing was appropriate, clean and wrinkle free.	5	
Teams' response to questions demonstrated knowledge of recipe.	5	
Team was able to articulate the importance of buying and using local MS GOODS.	2	
<b>Judges' Comments:</b>	<b>28 Points</b>	
<b>Total "POSSIBLE" Points:</b>	<b>220</b>	

