

**EGG PREPARATION CONTEST**

NAME \_\_\_\_\_  
 COUNTY \_\_\_\_\_  
 TOPIC \_\_\_\_\_

RIBBON \_\_\_\_\_  
 TIME \_\_\_\_\_  
 NUMBER \_\_\_\_\_

|  | Max.<br>Score | Score | Comments |
|--|---------------|-------|----------|
| <b>I. PROGRAM CONTENT</b>  | <b>35</b>     |       |          |
| <b>Introduction</b><br>Visual impact; introduction piques interest; importance established; purpose outlined.  | 5             |       |          |
| <b>General Nutrition Information</b><br>Accurate, complete, up-to-date; correct terminology; knowledge of nutrients in eggs; attention to balanced meals; health aspects; appropriate references.  | 10            |       |          |
| <b>Knowledge of Eggs</b><br>Nutritional value; preparation and storage; functional properties in foods; grading and sizing; use in menu planning; appropriate references.                          | 10            |       |          |
| <b>Summary of Main Points</b><br>Unification of information with purposes, key points stressed.  | 5             |       |          |
| <b>Responses to Judges' Questions</b>  | 5             |       |          |
| <b>II. PRESENTATION AND SKILL</b>  | <b>35</b>     |       |          |
| <b>Appearance</b><br>Neatly and appropriately dressed; hair neat and restrained; hands and nails clean; no distracting jewelry.  | 5             |       |          |
| <b>Delivery</b><br>Voice projection; interpretation of information; confidence and speaking ease; avoidance of clichés; general effect on audience.  | 10            |       |          |
| <b>Work Techniques</b><br>Acceptable food demonstration techniques and equipment; ease and efficiency in work; materials conveniently arranged; work sequence, table and work area clean and neat. | 15            |       |          |
| <b>Visuals</b><br>Appropriate and useful to effect of demonstration; neat, clean, visually appealing; easily read or seen.   | 5             |       |          |

|  |            |  |  |
|--|------------|--|--|
| <b>III. THE PRODUCT</b>  | <b>30</b>  |  |  |
| <b>Sensory Appeal</b><br>Appetizing appearance, aroma, flavor; flavor that appeals to most people.   | 15         |  |  |
| <b>Reason for Selection</b><br>Is dish economical, convenient, considerate of health aspects, family favorite, for teens, etc?   | 5          |  |  |
| <b>Health Aspects</b><br>Is the dish nutritionally appropriate for intended use and people served; is it exceptionally high in fat, calories, sodium, etc?                                   | 5          |  |  |
| <b>Recipe</b><br>Correctly written (see rule 22); preparation time not excessive; ingredients available, economical. Is this a recipe that would appeal to and be used by families of today? | 5          |  |  |
| <b>TOTAL POINTS</b>  | <b>100</b> |  |  |

**Recipe includes the following parts:**

1. Name of recipe
2. List of ingredients—listed in order they are used in the instructions:
  - a. Measurements given in common fractions.
  - b. No abbreviations used.
  - c. No name brands used.
3. Instructions for combining ingredients:
  - a. Clear instructions for every step of combining and cooking the ingredients.
  - b. Short, clear, concise sentences.
  - c. Correct food preparation terms to describe combining and cooking process.
  - d. Size of pan stated.
  - e. Temperature and cooking time stated.
  - f. Number of servings and calories per serving stated.