4-H FOOD CHALLENGE TEAM WORKSHEET - use back of sheet for additional space.

Knowledge of MyPlate (Write the food and in what food group it belongs):				
Food	MyPlate	Number of servings needed each day		

Nutrient Knowledge (Know what this dish contributes to the diet):					
Food		Nutrients/Vitamins	What do they do for my body?		

Steps	What was prepared/performed in this step?

Serving Size Information (Accurately calculate the cost of the dish and the cost per serving):					
Ingredient	Total cost of Ingredient	Cost per measurement			
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TOTAL:					
Total cost per serving:					