

FOOD OLYMPICS
Favorite Food Contest Evaluation Form
Healthy Living Category

Participant Name _____		
Gold Seal <input type="checkbox"/> (46-52)	Blue Seal <input type="checkbox"/> (41-45)	Red Seal <input type="checkbox"/> (40-Below)

	Needs Improvement	Fair	Good	Excellent	COMMENTS
	1 Point	2 Points	3 Points	4 Points	
OVERALL APPEARANCE					
Originality					
MENU/FOOD PREPARATION					
Menu Nutritionally Balanced					
Selection of food for flavor, color compatibility, texture & shape					
Appropriate for theme or occasion					
Food – properly prepared					
Flavor					
DISPLAY					
Table cloth and/or placemat choice and placement					
Serving dish					
Serving utensil					
Menu card					
Recipe – correctly written					
Cost breakdown					
Neat & Clean					
Total Points:					
			Grand Total:		

Total of 52 Points Gold: 46-52 Blue: 41-45 Red: 40- Below

See reverse side for requirements for the Healthy Living Category

To qualify for Healthy Living the entry must meet these requirements:

Must include at least 2 out of the 4 items below:

- _____ contain at least 1 fruit or vegetable
- _____ contain a lean protein (i.e.-legumes, beans, fish, poultry etc.)
- _____ contain a whole grain (oats, corn, whole wheat, brown rice, quinoa etc.)
- _____ contain a low fat or fat free dairy product

Where applicable:

- _____ no added sugar
(honey, molasses, applesauce, agave, artificial sweetener etc. are acceptable)
- _____ Ingredients should be lower in sodium
(low-sodium broth, soy sauce etc. are acceptable)