



Sponsored by:
Nutrien
 Feeding the Future™



IEAT COOK-OFF RUBRIC

School Date

Judge(s)

| Criteria | Description | Marks | |
|--|--|-----------------|---------|
| | | Total | Awarded |
| Planning 15 marks | Recipe is original and creative | 3 | |
| | Ingredients with precise amount are listed | 2 | |
| | Direction for mixing ingredients | 2 | |
| | Cooking time and temperature | 2 | |
| | Number and size of servings the recipe makes | 2 | |
| | A kitchen garden produce /value added product is included in the recipe | 2 | |
| | The ingredients listed will create a nutritious item | 2 | |
| Food preparation process 20 marks | Correct techniques for weighing and measuring of ingredients | 3 | |
| | Correct techniques in preparation of ingredients | 3 | |
| | Appropriate skills in preparing the item. | 4 | |
| | Appropriate technique for the method of cooking utilized. | 4 | |
| | Demonstration of appropriate hygiene and sanitation practices in the preparation of the item | 4 | |
| | Food item completed within stipulated time | 2 | |
| Quality of finished product 10 marks | Taste of kitchen garden produce /value added item is pronounced | 4 | |
| | Item served at correct temperature | 1 | |
| | Correct consistency and texture | 2 | |
| | Good flavour | 2 | |
| | Appropriate colour | 1 | |
| Presentation 5 marks | Item attractively garnished/decorated and presented | 5 | |
| Total | | 50 marks | |