

Zeeland Recreation's
HEALTHY HARVEST

Food Contest



TASTE		NUTRITIONAL VALUE	
10	Taste demonstrates restaurant quality food. It is balanced and flavorful with an appropriate texture to the dish.	10	Nutritional value provides an exceptional balance of macronutrients (carbs, protein, and fat). It also provides micronutrients (vitamins and minerals). Its caloric measurements are within a healthy range for the average diet.
8-9	Taste is balanced and flavorful with an appropriate texture to the dish.	8-9	Nutritional value provides a balance of macronutrients (carbs, protein, and fat). Its caloric measurements are within a healthy range for the average diet.
6-7	Taste is flavorful but lacking in balance. It has an appropriate texture.	6-7	Nutritional value lacks some balance of macronutrients (carbs, protein, and fat). Its caloric measurements are within a healthy range for the average diet.
4-5	Taste lacks flavor or an appropriate texture.	4-5	Nutritional value lacks balance of macronutrients (carbs, protein, and fat) OR its caloric measurements are not within a healthy range for the average diet.
0-3	The dish has an off-putting flavor and/or unappealing texture.	0-3	The dish provides very little nutritional value.

OVERALL APPEARANCE		CREATIVITY	
5	The dish is very pleasing to the eye with a variety of color and appropriate neatness.	5	The dish demonstrates a great alternative to traditional versions of a similar recipe and creatively uses ingredients and flavors.
4	The dish is pleasing to the eye and is appropriately neat.	4	The dish creatively uses ingredients and flavors.
3	The dish is pleasing to the eye.	3	The dish creatively uses ingredients OR flavors.
2	The dish lacks color.	2	The dish lacks creativity in ingredients and flavors.

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The dish is unappealing.

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The dish is an unoriginal recipe.

COMMENTS:

TOTAL POINTS: _____