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| **REQUIREMENTS****(all must reside in Oahu)** | * 4-H Divisions: Junior (9-11 years), Intermediate (12-13 years), and Senior (14-19 years) are just by points and comments; Cloverbud Division (5-8 years) are not judged by points but positive comments only.
* Produce a 5-7 minute video - have fun!
* Have 5-7 total ingredients in the recipe (plus salt, pepper, and oil) and flavor is pleasant
* Feature 1-2 local commodity (plant or animal) ingredients used in your recipe and healthful recipe
* Explain Recipe: **why** it is part of your family tradition and **how** recipe has meaning
 |
| **SCORING** | **Good 6-10 pts**Met all requirements | **Fair 1-5 pts**Missing 1 requirement | **Poor 0 pts**Missing 2+ requirements |
| **RECIPE** **(hot or cold)**SCORE:  | Recipe used is of interest to the audience. Recipe has 5-7 ingredients. Recipe uses 1-2 Hawaii/locally-based ingredients. Recipe is easily made by non-professionals. | Audience will learn something from this demonstration. Uses less than <5 or 7+ ingredients OR no Hawaii/locally-based ingredients. Recipe is fairly easy for non-professionals. | Audience will NOT learn something from this demonstration OR it does NOT use Hawaii/locally-based ingredients OR is challenging for non–professionals. |
| **FAMILY TRADITION**SCORE:  | Stated “why” the recipe was important to the family tradition and “how” the recipe has meaning (e.g., holiday, special event, heritage, etc.) | Only mentioned one of the family traditions: the “why” OR the “how” was missing from the presentation about the recipe being a family tradition. | Provided a recipe but did not state anything about it being a family tradition: the “why” and “how” were both missing. |
| **COMMODITY (plant or animal)** SCORE:  | Commodity’s (1-2 main ingredients) use in a well-planned dish includes nutrition value, source, and handling information.  | The explanation of the commodity’s use is lacking in nutrition value, source, OR handling information.  | Commodity’s use omits nutrition values. Information on source and handling is missing.  |
| **MEASURING**SCORE:  | Gave specific measurements for the recipe and demonstrated good techniques.  | Mostly gave specific measurements for the recipe and demonstrated mostly good techniques. | Gave some measurements for the recipe but did not use good techniques.  |
| **INFORMATION**SCORE:  | Taught the audience something about the commodity. Kept the audience informed and entertained. | Provided some valuable information. Struggled to keep talking to the viewer. | Provided little or no new information. Viewer was bored or confused. |
| **SAFETY**SCORE:  | Incorporated 5 or more safety and sanitation guidelines in the demonstration. | Incorporated 3 or more safety and sanitation guidelines in the demonstration. | Incorporated 1 safety and sanitation guideline in the demonstration.  |
| **PRODUCT**SCORE:  | Completed dish is shown in an appealing way. Presenter tastes the dish and describes the taste in detail. Pleasant tasting. | Completed dish is not shown in an appealing way OR the presenter does not describe taste in detail. Somewhat pleasant tasting. | Completed dish is not shown in an appealing way AND the presenter does not describe taste in detail. Not pleasant tasting. |
| **RECORDING**SCORE:  | Can hear and see all that is going on in video. | Some room for improvement in audio or video | Could not see or understand what was on the video. |
| **TIME**SCORE:  | Demonstration was completed on time (took 5-7 minutes). | Demonstration was NOT completed on time OR took more than 7+ minutes or <5 minutes. | Demonstration was NOT completed AND took more than 7+ minutes or <5 minutes. |
| **VIDEO**SCORE:  | Final product has good eye appeal on the video. | Final product has an acceptable outcome. | Final product has an unacceptable outcome. |
| **TOTAL SCORE:**  | Average scores of all judges of 80+ points will move to state finals. |