

Video Cooking Contest Rubric



Participants must be:	Submission must:	Recipe must:
<ul style="list-style-type: none"> In grade 5-12 Reside in Hawai'i/OCONUS 	<ul style="list-style-type: none"> Be a 5-7 minute video Demonstrate safe food handling Include a photograph 	<ul style="list-style-type: none"> Feature commodity LOCALLY grown or raised Be a healthful recipe Include nutrition information Include featured commodity in the recipe title

	Good 2 pts each	Fair 1 pt each	Poor 0 pts each	PTS
RECIPE	Recipe is interesting and educational for audience	Audience will learn something from the video demonstration	Audience will NOT learn something from demonstration	
	Recipe is healthful	Recipe somewhat healthful	Recipe not healthful	
	Incorporates commonly found ingredients	Incorporates some commonly found ingredients	Incorporates some hard-to-find ingredients	
	Features a locally based commodity (grown/raised locally)	Features a locally based commodity (grown/raised locally)	Does NOT feature a locally-based commodity	
	Recipe process very clear	Recipe process understood	Process not easy to understand	
	Recipe is easily made at home	Recipe fairly easily made at home	Recipe challenging for home	
	COMMENTS			
COMPLEXITY	Recipe incorporates 5 or more action steps (prep workspace and tools, gather ingredients, wash and prep ingredients, cook, serve / plate food, clean-up)	Recipe incorporates 3-4 action steps (prep workspace and tools, gather ingredients, wash and prep ingredients, cook, serve/plate dish, clean-up)	Recipe incorporates, less than 3 action steps (prep workspace and tools, assemble ingredients, wash and prep ingredients, cook, serve/plate dish, clean-up)	
	4 or more preparation/ cooking techniques (chop, dice, slice, marinade, fry, pickle, poach, roast, saute, sear, simmer, steam, etc.)	3 preparation/cooking techniques (chop, dice, slice, marinade, fry, pickle, poach, roast, saute, sear, simmer, steam, etc.)	2 or less techniques (chop, dice, slice, marinade, fry, pickle, poach, roast, saute, sear, simmer, steam, etc.)	
	COMMENTS			
COMMO	Local commodity (grown or raised locally) featured in recipe	A local commodity not featured in recipe	The commodity featured is NOT local	
	Includes nutritional value, source, and handling information	Explanation lacking in nutritional value, source, OR handling info	Explanation omits nutrition values source AND handling info	
COMMENTS				
MEASURES	Gave specific measurements for recipe	Mostly gave specific measurements for recipe	Did not provide specific measurements for recipe	
	Demonstrated good measuring techniques	Demonstrated mostly good measuring techniques	Did not use measuring good techniques	
	COMMENTS			

Video Cooking Contest Rubric



	Good 2 pts each	Fair 1 pt each	Poor 0 pts each	PTS
INFORMATION	Taught the audience something about the commodity	Provided some valuable or interesting information	Provided little or no new information about the commodity	
	Discussed where commodity is found or grown locally	Provided little discussion of where commodity found or grown locally	Provided no new information about commodity location	
	Provided detailed cultural or local connections	Provided minimal cultural or local connections	Provided no cultural or local connections	
	Kept audience informed and entertained	Struggled to keep talking to the viewer	Viewer was bored or confused	
	COMMENTS			
SAFETY	Incorporated 5+ safety AND/OR sanitation guidelines in demo	Incorporated 3-4 safety AND/OR sanitation guidelines in demo	Incorporated 1-2 safety AND/OR sanitation guidelines in demo	
	COMMENTS			
PRODUCT	Completed dish shown in an appealing way	Completed dish not shown in an appealing way	Completed dish not shown at all	
	Presenter tastes dish AND describes taste in detail	Presenter does not describe taste in detail	Presenter does not taste dish nor describe taste in detail	
	COMMENTS			
VIDEO	Final product has good eye appeal	Final product has acceptable outcome but needs improvement	Final product has an unacceptable outcome	
	Can hear and see all that going on in video	Difficult to hear and/or see	Could not see or understand what was on the video	
	Video completed on time (within 5-7 minutes)	Video was completed close to on time	Video (more than 7 or less than 5 minutes)	
	COMMENTS			
PHOTO	Subject clear and composition emphasizes the subject	The subject is clear and some emphasis of the subject	The photo does not seem to have a subject	
	Light enhances photo's visibility, clarity, contrast, value	Light improves photo's visibility, clarity, contrast, and value	Photo is too dark or poor contrast	
	Photo is simple and uncluttered	Photo somewhat cluttered or busy	Photo cluttered or out of focus	
	COMMENTS			
TOTAL (out of 50 points)				