**Eco cook-up Competition (July-September 2020)**

**Recipe evaluation score sheet**

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| Evaluator’s name: |  | Date: |  |

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| --- | --- | --- | --- | --- | --- |
| Evaluation criteria | **5**  (Excellent) | **4**  (Good) | **3**  (OK) | **2**  (Needs improvement) | **1**  (Not good) |
| **Presentation**  Fresh and colourful, easy to eat closely placed items for maintaining temperature, hot/cold serving plate, stylistic but practical |  |  |  |  |  |
| **Nutritional Balance**  A good balance meal contains approximately 1/2 veggies, 1/4 protein and 1/4 Carbs |  |  |  |  |  |
| **Ingredients compatibility**  Do the recipe ingredients compliment each other in colour, flavour, and texture? |  |  |  |  |  |
| **Creativity and practicality**  Is the dish creative, showing something new or an old idea modernized? Could the dish be easily offered as part of the school menu? |  |  |  |  |  |
| **Taste and texture**  Do the components fit together? Are the temperatures correct? Do the textures reflect the cooking technique? |  |  |  |  |  |
| **Total score** (please add together the scores of each criteria) |  | | | | |