



## Chef Extraordinaire

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**Description:** A team of two members or an individual contestant shall plan a menu, purchase the supplies, prepare and serve a dinner for four guests and a judge within a three hour time limit. The recipes selected should not contribute excessive amounts of fat, sugar, or sodium. Special consideration will be given to those recipes that are high in vitamins, minerals, and fibers.

**Entries:** May enter as an individual or team of two.

**State Awards:** First place individual will receive a State 4-H Contests Jacket.

Please refer to State Contests General Schedule for times when the kitchen in the Family Life Building is available store perishable ingredients.

### **Purpose:**

- Develop an appreciation of the importance of food in healthy family living.
- Increase knowledge and skills in planning, purchasing, preparing, and serving tasty, attractive, and nutritious meals.
- Utilize creative talents in planning and preparing meals.
- Develop an appreciation of the values of serving a variety of foods in a tasty and attractive manner.
- Develop skills in timing, scheduling, and management. To serve meals in an attractive manner with time limits.
- Learn to serve meals using proper food handling techniques and etiquette.
- Develop the ability to coordinate efforts and, where applicable, work as a team.
- Increase understanding and awareness in the proper handling of food for food safety.
- Practice learned skills in the efficient use of time, energy, and equipment.
- Use appropriate portion sizes when serving meals.

### **Special Information:**

- Participants will do the housekeeping required to prepare, serve the meal, and leave the kitchen unit clean.
- Teams will be allowed three hours and individuals will be allowed 3.5 hours for the preparation, serving, and clean-up in the kitchen. Contestants should be prepared to serve the meal two hours after the preparation time begins.
- All food preparation should be completed at the contest. No advance preparation will be allowed. (If your recipe calls for 2 cups of flour you may bring 2 cups of flour but you will still be required to measure it out for the judges.)

### **Forms to be submitted:**

1. Menu Form
  2. Work Plan giving step-by-step procedures in the preparation of the meal (2 copies – one to be posted in the kitchen)
  3. Recipe (provide 8 copies of your recipes. One in the packet for judges and four for your guests)
- The following equipment and linens will be available for use during the contests:  
Oven                      Refrigerator/Freezer                      Microwave  
Silence Cloth                      Sanitizing Solution
  - All other equipment, linens, and ingredients should be brought from home.
  - Size of dining tables at State Contests are: width 42" x length 38".  
Two additional leaves may be added. They are 17 1/2" each.



### **Guidelines for Planning Meals:**

Interesting, tasty, healthy, and attractive meals don't just happen. They require good buying, careful, efficient, and safe preparation. They should be easy to prepare and attractively served. Basic to the whole procedure is good planning.

Some helps in planning a menu are:

- Pleasing combinations of foods should be planned.
- Plan for color contrast and combinations with the meal.
- Select a good balance between strong and mild flavored foods.
- Select a good variety of texture – some chewy, some soft, some crisp.
- There should be a balance between hot and cold foods.
- Seasonal foods are important from the standpoint of cost.
- A resource and tool that you may find helpful is MyPlate which can be found on the internet at <http://www.choosemyplate.gov>, and if you don't have access to the internet, we invite you to visit your local extension office and use the extension's internet access.

### **Making Work Plans:**

Making a work plan, or planning how to have everything ready at just the right time, will take some practice.

- Decide on your menu
- Figure out the time required for the preparation of each dish. Practicing each dish will give you the time needed for preparation. Using a countdown kitchen timer will be helpful.
- Make a list of the jobs to be done, in the order they must be done. In this way you will be able to “dovetail” jobs so you will actually be able to do more than one job at a time. Most importantly – all your food will be ready at just the right time.
- Divide up the responsibilities (if you are a team).
- Practice to gain confidence and skill.

### **Serving the Meal:**

Your table should be attractive at mealtime – whether for everyday or special occasions. Be sure that flatware, dinnerware, and glassware are clean and spotless.

Setting the Table:

- Select a cloth to coordinate the dishes and food as well as the type and theme of the meal you are serving. A white, pastel, or off-white cloth may be most suitable. Cloths that are too flowery or patterned compete with the food for attention.
- If available use a table pad or cloth under the tablecloth. The pad or cloth is to minimize noise. Lay the cloth smooth and straight with the overhang equal on all sides. The cloth and the pad should fit the size of the table used. The overhang should be the same at ends and sides. The minimum length is 10 to 15 inches. A table pad will be furnished for you at State Contests.
- Choose napkins to harmonize with the cloth. Fold the napkin in a square or rectangle, with an open corner at the lower right; or you may fold the napkin in a decorative design to complement the table. The napkin is normally placed to the left of the fork. If there is no food on the table and no charger plate, the napkin may be placed in the center of the cover.

Centerpiece:

The centerpiece should enhance the table setting but not obstruct the view of the diners and should be of an appropriate size. A centerpiece can be very simple. A low-growing plant, cut flowers, or a bowl of fruit may be good choices. The centerpiece is a place to showcase your artistic talents. Make it a distinctive item that enhances the attractiveness or theme of the meal being served.

Placing of Dinnerware and Glassware:



- The water glass is placed directly above the point of the knife. If a cup and saucer are used, they are placed to the right of the spoon, with the handle to the right.
- Bread and butter plates are placed directly above the forks.
- Soup bowls, cups, dessert stem ware, or bowls need to be placed on an appropriate sized plate.

#### Flatware Placement:

- Place knife at the right of the plate with the sharp edge toward the plate.
- Place the butter knife, if used, across the top of the bread and butter plate.
- Place the spoon(s) at the right of the knife with the bowl(s) facing up.
- Place the forks at the left of the plate with the tines up. The salad fork is placed at the left of the dinner fork if the salad is served as the first course. When the salad accompanies the main course, the dinner fork may be used for both the main course and the salad.
- The cocktail fork, if needed, may be placed on the appetizer plate or at the extreme right.
- Dessert flatware may be on the table at the beginning of the meal. Dessert fork, spoon, or both may be placed at the top of the cover, parallel to the table's edge or to the right of the dinner fork. It can also be brought on the plate with the dessert.

#### Check the Table and Chair Placement:

Check your table setting before your guests arrive. The following should be in place:

- \_\_\_ Center piece
- \_\_\_ Filled glassware
- \_\_\_ Flatware
- \_\_\_ Salt and pepper
- \_\_\_ Napkins
- \_\_\_ Butter plate and jam jar (if needed)

The cocktail or appetizer may be in place when the guests are seated for an informational occasion. If it is a formal occasion, the appetizer course should be served after the guests have been seated. The salad may be placed on the table with the main course or served as the appetizer.

#### Plating Food for Serving:

- When portioning food, refer to appropriate serving portions as shown in "Common Items to Estimate Serving Sizes."
- The arrangement of food should be appealing on the plate.

#### How to Serve and Remove Dishes:

Serve and remove all dishes from the left except the beverages. Beverages are served and removed from the right. Use the left hand when serving from the left. Use the right hand to serve from the right. Table service should be given unobtrusive and quiet (without interrupting the conversation).

A guest of honor is served first; ladies should be served before gentlemen.

Everything, except the centerpiece and the glassware should be removed before serving the dessert. If necessary, remove crumbs with a folded napkin and a small plate. Dessert flatware may be put in place or served directly on the dessert plates.

Fill the water glasses three-fourths full. Leave the glass on the table while refilling. Use a napkin to catch drips from the pitcher.



Clear the table in this order:

- Serving dishes
- Soiled dinnerware
- Glassware

**Tips for Handling Food Safely:**

- Always wash hands, utensils, and surfaces – including cutting boards – in hot, soapy water before and after food preparation; especially after preparing raw meat, poultry, eggs, or seafood. Also remember to wash your hands after using the bathroom.
- When cooking, don't forget to wash your food thermometer after each use.
- Never place cooked food back on the same plate or cutting board that previously held raw food.
- Always separate raw meat, poultry, and seafood from other foods.
- Bacteria grow most rapidly in the Danger Zone – the unsafe temperatures are between 40 F and 140 F – so it's essential to keep foods out of this temperature range.
- Since cool temperatures keep most harmful bacteria from growing and multiplying, be sure to refrigerate foods quickly.
- Never defrost food at room temperature. Thaw food in the refrigerator, in cold water, or in the microwave (if you'll be cooking it immediately).
- Cold foods should be kept at 40 F or colder.
- Hot foods should be kept at 140 F or hotter.
- See Thermy Chart below for temperatures.

**Thermometer Rules!**  
... for cooking foods at home.

145 °F	Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)
160 °F	Ground beef, pork, veal & lamb Pork chops, ribs & roasts Egg dishes
165 °F	Ground turkey & chicken Stuffing & casseroles Leftovers
170 °F	Chicken & turkey breasts
180 °F	Chicken & turkey whole bird, legs, thighs & wings

**Thermometer Rules!**  
"IT'S SAFE TO BITE WHEN THE TEMPERATURE IS RIGHT!"

**FSIS**  
Food Safety and Inspection Service  
U.S. Department of Agriculture  
www.fsis.usda.gov  
E-mail: mphotline.fsis@usda.gov

**USDA Meat and Poultry Hotline**  
1-888-MPHotline (1-888-674-6854)  
TTY: 1-800-256-7072

For this chart and more information, see the USDA food safety site:  
[http://www.fsis.usda.gov/food\\_safety\\_education/thermy/index.asp](http://www.fsis.usda.gov/food_safety_education/thermy/index.asp)



## Common Items to Estimate Serving Sizes

3 oz. of cooked meat, poultry, or fish	<b>Looks like</b>		1 Deck of playing cards
1 medium apple, orange, peach, or pear	<b>Looks like</b>		1 Tennis ball
1 Tortilla	<b>Looks like</b>		1 7-inch plate
1 Muffin	<b>Looks like</b>		1 Large egg
2 Tbsp. Peanut Butter	<b>Looks like</b>		1 Golf ball
1 Pancake or Waffle	<b>Looks like</b>		1 4-inch CD
1 oz. Cheese	<b>Looks like</b>		4 Dice
½ cup Fruit, Vegetable, Cooked Cereal, Pasta, or Rice (Leafy greens should equal 1 cup)	<b>Looks like</b>		1 Palm of average woman's hand
1 small baked potato (2 ½" – 3" long)	<b>Looks like</b>		1 Computer mouse
1 oz. Nuts	<b>Looks like</b>		1 handful
½ cup Ice Cream	<b>Looks like</b>		1 Racquet ball
4 small Cookies – 1" diameter	<b>Looks like</b>		4 Casino Chips

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adapted from Williams DP, Christensen NK Stepping Up to the Plate Handout Serving Sizes

**Food Preparation Expectations:**

- Avoid waste. Estimate carefully how much food you will need to make five servings so you will have no leftovers.
- Review cooking principles in your 4-H manuals and make sure you are preserving the flavor, color, texture, and nutrients by cooking properly.
- Plan an efficient clean-up. By cleaning up as you go, the final clean-up will be easier. Keep work spaces clean and learn proper use of the equipment.
- Always handle food in a safe and sanitary manner. Be sure to wash hands often. Do not leave foods out to spoil or nibble on food while preparing it, etc.
- Practice proper dish-washing methods. Sanitize counter tops and cutting surfaces.
- Remember to keep hot foods hot and cold foods cold. Chilling or preheating plates helps to achieve this purpose.
- Use a clean meat thermometer to test the internal temperature of the meat. Use the USDA temperature above.

**Your Appearance Counts:**

Avoid overly dramatic costumes. Select a washable material of a suitable style for working in the kitchen. You will want to look nice, but do not wear your best attire. If this is a team project, you need not be dressed alike but your outfits should be similar. It is permissible to put on a fresh “special” apron for serving the meal, but for working the kitchen, avoid anything that detracts from a neat, clean appearance.

Hair should always be adequately controlled and restrained with hair net or hat. Shoes should be closed-toe.

**Your Attitude is Important:**

This is your chance to practice your skill as a host/hostess. This will mean that you can display examples of courtesy and consideration which will build a relaxed, comfortable atmosphere in which your guests can enjoy each other’s company while good food is served delightfully.

**Meal Preparation Forms:**

The following forms are included as examples of what needs to be submitted at the time of the competition:

- Menu
- Work Plan giving step-by-step procedures in the preparation of the meal (2 copies – one to be posted in the kitchen)
- Recipes (Provide 8 copies of your recipes. One in the packet for the judges and four for your guests).



## Chef Extraordinaire Work Plan Example

Time	Contestant 1 Tasks	Time	Contestant 2 Tasks
0:00	Wash hands; start boiling water.	0:00	Wash hands; make bread dough.
0:10	Make cheese stuffing, set aside.	0:10	Wash fruit while dough rises.
0:20	Heat oven; put manicotti shells in water, make meat sauce.	0:20	Set table. Cut kiwi and strawberry garnish.
0:30	Drain manicotti shells and place on waxed paper; wash dishes.	0:30	Wash dishes.
0:40	Fill shells and place in pan.	0:40	Assist in the filling of the manicotti shells.
0:50	Pour meat sauce over shells and sprinkle with cheese.	0:50	Mix grape juice; place in refrigerator to cool.
1:00	Place in oven; make salad dressing.	1:00	Wash dishes.
1:10	Put green beans on to boil.	1:10	Dry dishes and put them away.
1:30	Take manicotti out of oven; keep it warm. Help shape breadsticks.	1:30	Punch down bread dough, shape into breadsticks, place in oven.
1:40	Dish up salads; reheat manicotti.	1:40	Remove breadsticks from oven; pour grape juice.
1:50	Invite guests to be seated, introduce yourselves, serve the salad.	1:50	Invite guest to be seated. Introduce yourselves; serve the breadsticks.
2:00	Dish up manicotti, beans, and garnish.	2:00	Remove salad plates, set plate w/ breadsticks; refill beverages.
2:10	Serve main course.	2:10	Wash dishes and dish up Italian ice.
2:20	Clear main course dishes.	2:20	Serve Italian ice.
2:30	Wash dishes; start putting them away.	2:30	Remove dessert dishes and thank guests for coming.
2:40	Thank guests for coming.	2:40	Clear table setting and repack supplies.
2:50	Wipe down countertops, table, etc.	2:50	Sweep floor.
3:00	Check out with judges.	3:00	Check out with judges.



## Chef Extraordinaire Recipe Example

Please complete recipe for each dish in your meal

NAME OF RECIPE Raspberry Vinaigrette Dressing

**ATTACH RECIPE HERE:**

3 Tablespoons + 1 teaspoon Canola Oil	3/4 teaspoon Dijon Mustard
3 Tablespoons + 1 teaspoon Raspberry Wine Vinegar	1/8 teaspoon Dried Oregano
3 Tablespoons + 1 teaspoon White Sugar	1/8 teaspoon Ground Black Pepper

**INSTRUCTIONS FOR MAKING THE DISH (in order of use):**

In a jar with a tight fitting lid, combine the oil, vinegar, sugar, mustard, oregano, and pepper. Shake well. Makes 5 servings.

NAME OF RECIPE Spinach & Tangerine Salad

**ATTACH RECIPE HERE:**

(6 oz.) Package Spinach Leaves	1/3 Red Onion, sliced, separated into rings
5 Tangerines, sectioned	1 ob. Walnuts, chopped
5/8 (8 oz.) Pineapple Chunks, drained	

**INSTRUCTIONS FOR MAKING THE DISH (in order of use):**

Combine spinach leaves, tangerine sections, pineapple chunks in a large serving bowl. Add chopped walnuts and dressing. Toss to evenly coat and top with sliced onion rings. Makes 5 servings.



## Chef Extraordinaire Recipe Example

Please complete recipe for each dish in your meal

NAME OF RECIPE Rigatoni with Meat Sauce

ATTACH RECIPE HERE:

Meat Sauce:

2 Tablespoons Canola Oil	1 lb. Ground Beef
2 teaspoons Oregano Leaves	1 Garlic Clove, minced
1 ¾ teaspoons salt	1 16-oz. can Tomatoes
1/8 teaspoon Cayenne Pepper	2 6-oz. cans Tomato Paste
1 Bay Leaf, crumbled	4 teaspoons sugar
5 Tablespoons Parmesan Cheese	1 medium Onion, chopped
16 oz. Rigatoni Noodles	

INSTRUCTIONS FOR MAKING THE DISH (in order of use):

About 1 hour and 10 minutes ahead: In Dutch oven or large saucepan over medium heat, in hot canola oil, cook ground beef, onion, and garlic until meat is well browned; spoon off excess fat. Stir in tomatoes with their liquid and remaining ingredients. Reduce heat to low; cover and simmer 35 minutes or until sauce is very thick, stirring occasionally. Makes about 4 cups.

Rigatoni: Add noodles to 4 qt. boiling water (with salt). Boil for 11-12 minutes or desired doneness.

Drain: Return pasta saucepan. Add meat sauce and stir. Top with Parmesan cheese to taste.

NAME OF RECIPE Peach Cobbler

ATTACH RECIPE HERE:

1 can (1 lb. 13 ox.) sliced peaches (with syrup)	1 ½ teaspoons baking powder
½ teaspoon cinnamon	¼ teaspoon salt
3 Tablespoons cornstarch	3 Tablespoons shortening
1 cup all-purpose flour*	½ cup milk
1 Tablespoon sugar	

INSTRUCTIONS FOR MAKING THE DISH (in order of use):

Heat oven to 450 degrees. Combine peaches, cinnamon and cornstarch in saucepan. Cook, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Pour into 1 ½-quart casserole.

Measure flour, sugar, baking powder and salt into bowl. Add shortening and milk. Cut through shortening 6 times. Mix until dough forms a ball. Drop dough by 6 spoonfuls onto hot pie filling.

Bake for 25-30 minutes or until biscuit topping is golden brown. Serve warm. Make 6 servings

\*If using self-rising flour, omit baking powder and salt



## Healthy Cuisine Checklist

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**Remember to make sure you've done the following:**

- If bringing a cooler, but sure it's adequately cooled with ice.
- Secure hair with hair net or hat.
- Be sure to clean the sink and counter tops before you leave the kitchen area.
- Wear closed-toe shoes.
- You may want to bring containers for leftovers.
- The recipes selected should not contribute excessive amount of fat, sugar, or sodium. Keep this balanced within your daily menu of meals.
- Avoid waste. Estimate carefully how much food you will need to make five servings so you will have no leftovers.
- Review cooking principles in your 4-H manuals and make sure you are preserving the flavor, color, texture and nutrients by cooking properly.
- Plan an efficient clean-up. By cleaning up as you go, the final clean-up will be easier. Keep the working spaces clean and learn proper use of the equipment.
- Always handle food in a safe and sanitary manner. Be sure to wash hands often, not leave foods out to spoil, not nibble on food while preparing it, etc. Have a sanitizer handy.
- Practice proper dish washing methods and sanitize counter tops and cutting surfaces.
- Remember to keep hot things hot and cold things cold. Chilling or pre-heating plates helps to achieve this purpose.
- Use a meat thermometer to test the internal temperature of the meat. Use the USDA temperature rules for the correct temperatures.



## Chef Extraordinair Menu

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### Menu of Meal Being Served

A large, empty rectangular box with a thin black border, intended for the chef to write the menu of the meal being served.



## Chef Extraordinaire Work Plan

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Time	Contestant 1 Tasks	Time	Contestant 2 Tasks
0:00		0:00	
0:10		0:10	
0:20		0:20	
0:30		0:30	
0:40		0:40	
0:50		0:50	
1:00		1:00	
1:10		1:10	
1:30		1:30	
1:40		1:40	
1:50		1:50	
2:00		2:00	
2:10		2:10	
2:20		2:20	
2:30		2:30	
2:40		2:40	
2:50		2:50	
3:00		3:00	



## Chef Extraordinaire Recipe Example

Please complete recipe for each dish in your meal. Use this form or attach recipes.

NAME OF RECIPE \_\_\_\_\_

ATTACH RECIPE HERE:

NAME OF RECIPE \_\_\_\_\_

ATTACH RECIPE HERE:



# Chef Extraordinaire Scorecard

Name: \_\_\_\_\_ County: \_\_\_\_\_

Name: \_\_\_\_\_ County: \_\_\_\_\_

Dish being prepared: \_\_\_\_\_

Category	POINTS	POINTS EARNED
<b>Nutrition and Time Management</b>		
Menu is included in packet and is neatly written	2	
Work Plan for the meal served included in this packet and is neatly written	2	
<ul style="list-style-type: none"> <li>The proper sequence of when prep steps needed to be accomplished were listed and followed</li> </ul>	2	
<ul style="list-style-type: none"> <li>Meal served to guests on time</li> </ul>	2	
<ul style="list-style-type: none"> <li>All steps needed for preparation were included on plan (evenly distributed if a team)</li> </ul>	2	
<ul style="list-style-type: none"> <li>Sufficient time was allowed for preparation, service, and clean up</li> </ul>	2	
<ul style="list-style-type: none"> <li>Contestants followed their written work plan</li> </ul>	2	
Recipes for the meal prepared are included in the packet (8 total copies)	4	
<b>Judge Comments:</b>	18	
<b>Food Preparation Skills, Safety and Sanitation</b>		
Use of correct principles and methods of food preparation	10	
<ul style="list-style-type: none"> <li>Degree of difficult in the food preparation techniques utilized</li> </ul>	8	
<ul style="list-style-type: none"> <li>All preparation was completed on-site (nothing was prepared ahead of time)</li> </ul>	2	
<ul style="list-style-type: none"> <li>All food preparation equipment and utensils were used safely and properly</li> </ul>	2	
All food was cleaned, stored and cooked properly	6	
<ul style="list-style-type: none"> <li>Thermometer was used for food safety and quality</li> </ul>	6	
<ul style="list-style-type: none"> <li>Contestants washed hands before handling food</li> </ul>	5	
<ul style="list-style-type: none"> <li>Contestants kept food free from germs, i.e. tasting foods, sneezing, coughing, licking fingers, etc.</li> </ul>	5	
<ul style="list-style-type: none"> <li>Contestants hair was controlled or restrained during meal preparation</li> </ul>	5	
Proper dishwashing techniques were used for cleaning dishes and equipment	4	
<ul style="list-style-type: none"> <li>Sanitizing countertops</li> </ul>	4	
<ul style="list-style-type: none"> <li>Work and serving areas were left clean and tidy, i.e. tables, swept floor, etc.</li> </ul>	5	



<b>Judge Comments:</b>	62	
<b>Meal Attractiveness and Taste Appeal</b>		
Meal had a pleasing overall appeal with each service, i.e. appetizer, main dish, dessert, etc.	18	
<ul style="list-style-type: none"> <li>• Portion sizes were appropriate</li> </ul>	6	
<ul style="list-style-type: none"> <li>• Foods were arranged attractively on the plate</li> </ul>	3	
<ul style="list-style-type: none"> <li>• Garnishes were used effectively</li> </ul>	3	
<ul style="list-style-type: none"> <li>• Meal included a contrast in shapes and sizes, i.e. round peas, carrot sticks, etc.</li> </ul>	3	
<ul style="list-style-type: none"> <li>• Meal included a contrast in color</li> </ul>	3	
Meal had a pleasing overall flavor	18	
<ul style="list-style-type: none"> <li>• Meal included a contrast in textures</li> </ul>	2	
<ul style="list-style-type: none"> <li>• Meal included a contrast in flavors</li> </ul>	2	
<ul style="list-style-type: none"> <li>• Meal included a contrast in temperatures</li> </ul>	2	
<ul style="list-style-type: none"> <li>• Meal textures were appropriate</li> </ul>	2	
<ul style="list-style-type: none"> <li>• Natural flavors were enhanced by appropriate seasonings</li> </ul>	2	
Creativity was used in the meal planning	10	
<b>Judge Comments:</b>	74	
<b>Meal Service</b>		
Table had aesthetic appeal	6	
<ul style="list-style-type: none"> <li>• Creativity was used in the table presentation</li> </ul>	8	
<ul style="list-style-type: none"> <li>• Table cloth or place mats were clean and pressed</li> </ul>	2	
<ul style="list-style-type: none"> <li>• Colors or theme carried through entire table presentation</li> </ul>	2	
<ul style="list-style-type: none"> <li>• Centerpiece complemented and harmonized table presentation</li> </ul>	2	
<ul style="list-style-type: none"> <li>• All dinnerware, flatware, and glassware were clean and presentable</li> </ul>	2	
<ul style="list-style-type: none"> <li>• Place settings were set correctly</li> </ul>	4	
<ul style="list-style-type: none"> <li>• All dishes were served and removed from the left with the left hand</li> </ul>	4	
<ul style="list-style-type: none"> <li>• All beverages were served and removed from the right with the right hand</li> </ul>	4	
<b>Judge Comments:</b>	34	
<b>Contestant Attitude, Appearance and Responses</b>		
Contestants were pleasant and courteous to guests	4	
Contestants clothing was appropriate and clean	2	
Contestant's responses to questions demonstrated their knowledge	6	



<b>Judge Comments:</b>	12	
Subtract 5 points for each 5 minutes contestants exceed the 3 hour time allocation		
<b>Total Score</b>	200	