

**FOOD OLYMPICS**  
**Favorite Food Contest Evaluation Form**  
**Healthy Living Category**

Participant Name _____		
Gold Seal <input type="checkbox"/> (42-48)	Blue Seal <input type="checkbox"/> (37-41)	Red Seal <input type="checkbox"/> (36-Below)

	Needs Improvement	Fair	Good	Excellent	COMMENTS
	1 Point	2 Points	3 Points	4 Points	
<b>OVERALL APPEARANCE</b>					
Originality					
<b>MENU/FOOD PREPARATION</b>					
Menu Nutritionally Balanced					
Selection of food for flavor, color compatibility, texture & shape					
Appropriate for theme or occasion					
Food – properly prepared					
Flavor					
<b>DISPLAY</b>					
Table cloth and/or placemat choice and placement					
Serving dish					
Serving utensil					
Menu card					
Recipe – correctly written					
Neat & Clean					
	Total Points:				
		<b>Grand Total:</b>			

*Total of 48 Points                      Gold: 42-48                      Blue: 37-41                      Red: 36- Below*

**To qualify for Healthy Living the entry must meet these requirements:**

Must include at least 2 out of the 4 items below:

- \_\_\_\_\_ contain at least 1 fruit or vegetable
- \_\_\_\_\_ contain a lean protein (i.e.-legumes, beans, fish, poultry etc.)
- \_\_\_\_\_ contain a whole grain (oats, corn, whole wheat, brown rice, quinoa etc.)
- \_\_\_\_\_ contain a low fat or fat free dairy product

Where applicable:

- \_\_\_\_\_ No added sugar  
(honey, molasses, applesauce, agave, artificial sweetener etc. are acceptable)
- \_\_\_\_\_ Ingredients should be lower in sodium  
(low-sodium broth, soy sauce etc. are acceptable)