



SPORTS NUTRITION

NO BAKE COOKIES

A check list for evaluating no bake cookie exhibits

Name _____

Club _____ City _____

Criteria - Check the appropriate column. Comments are helpful to the exhibitor.	Meets Standards	Needs Improvement	Remarks
APPEARANCE:			
A. Cereal and raisins/nuts evenly distributed throughout mixture			
B. Evenly shaped balls of uniform size			
C. Balls are firm, cereal lightly crushed			
CONSISTENCY:			
A. Uniform texture throughout			
B. Firm			
FLAVOR:			
A. Pleasing, well-blended			
B. No off flavor			
MENU:			
A. Variety of foods			
B. Representation of food groups			
C. Variety of color, texture, flavors and shapes			
KNOWLEDGE OF EXHIBITOR:			
A. Follows exhibit requirements			
B. Knowledge of skills learned & possible improvements			
Is the recipe included? Yes _____ No _____			
Overall Comments: Please write comments of back of page			

BLUE AWARD - MEETS STANDARD
 RED AWARD - NEEDS IMPROVEMENT
 WHITE AWARD - NEEDS MUCH IMPROVEMENT

Rating _____