

# HEALTH

## SPORTS NUTRITION: Ready, Set, Go



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Name \_\_\_\_\_

County \_\_\_\_\_

*JUDGES: Please identify a numerical score on a scale of 1-10 for each element on the sheet.*

<b>Judging Criteria</b>	<b>SCORE</b> 1= needs improvement 10= exceeds criteria
<b>Project Knowledge</b>	
<ul style="list-style-type: none"><li>• General knowledge of project area (both physical fitness &amp; nutrition)</li></ul>	
<ul style="list-style-type: none"><li>• Knowledge shown about activity part of exhibit</li></ul>	
<ul style="list-style-type: none"><li>• Knowledge shown about recipe/nutrition part of exhibit</li></ul>	
<ul style="list-style-type: none"><li>• Age appropriate for exhibitor &amp; level</li></ul>	
<b>Explanation of Project Exhibit</b>	
<ul style="list-style-type: none"><li>• Ability to explain goal of project exhibit</li></ul>	
<ul style="list-style-type: none"><li>• Ability to explain decisions made or results shown</li></ul>	
<ul style="list-style-type: none"><li>• Self-evaluation of project, including time spent on project area</li></ul>	
<ul style="list-style-type: none"><li>• Skills learned and plans for continued study</li></ul>	
<b>Exhibit Content</b>	
<ul style="list-style-type: none"><li>• Emphasizes sound nutrition &amp; fitness information</li></ul>	
<ul style="list-style-type: none"><li>• Accurate &amp; adequate information provided on topic</li></ul>	
<b>Exhibit Presentation</b>	
<ul style="list-style-type: none"><li>• Neat appearance</li></ul>	
<ul style="list-style-type: none"><li>• Follows exhibit requirements</li></ul>	
<ul style="list-style-type: none"><li>• Presents information in an interesting way</li></ul>	
<ul style="list-style-type: none"><li>• Appropriate for general public audience</li></ul>	
<b>TOTAL SCORE</b> <i>(Points possible: 140)</i>	
<b>COMMENTS</b>	
<b>AWARD RECEIVED</b> <i>(if applicable)</i>	

**COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES**

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