

## Narrative Reflection for Virtual Foods Revue Participants

Member Name & Age:	
Club:	
Category:	
Notes for Judge:	

If you were going to text me instructions to execute this recipe, how would you describe the process?

Why did you choose this recipe? What about it inspired you?

What, if any, struggles did you have preparing for this project?

What could you have done to improve your preparedness?

What would you do differently next time you prepare this?

When would you serve this? Is breakfast, lunch or dinner? Is it a formal or informal meal?

How would you describe this item to someone who has never eaten it before?

What else would you serve at this meal? (Menu)

- **Where on the USDA Eating Guide) does your recipe fit into? It might be in more than one.** My Plate: <https://www.myplate.gov/> +++ New guidelines were released in January 2026 <https://www.dietaryguidelines.gov/> We will use this foods revue year as a transition year so please use whichever of the two you feel most knowledgeable with.

Will you make this item again? Would you recommend this recipe to a friend? Why?

### **What to put into the Google Drive folder**

(make sure you put it into the folder with your name on it)

1. Full recipe with each step numbered
2. Photo of your prep--ingredient items etc.
3. Photos of each step of your recipe-should correspond with the way you have numbered the recipe in item #1 above
4. Photo of your completed plated item
5. Photo of you with your plated item
6. Photo of your plated item cut in half to show the doneness
7. Photo of your completed recipe item
8. Narrative reflection sheet-make sure it is complete, take as much space as you need. May be typed.

**NOTE: If any of the items above are not submitted on time, the entry will be deemed incomplete and automatically drop one placing.**