

# DISTRICT 5 4-H FOOD SHOW SCORECARD



NAME \_\_\_\_\_ COUNTY \_\_\_\_\_

AGE DIVISION:          Junior                      Intermediate                      Senior

ENTRY CATEGORY:          Protein                      Fruit & Vegetable                      Grains                      Dairy

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>THE INTERVIEW</b>						
<b>Knowledge of MyPlate:</b> Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, number of servings provided by an individual serving of the dish, knowledge of personal healthy lifestyle choices based on dietary guidelines						20
<b>Nutrient Knowledge:</b> Knows what this dish contributes to the diet						15
<b>Food Preparation:</b> Knows the key steps in preparation of dish and function of ingredients						15
<b>Food Presentation/Quality:</b> Appearance of food (texture, uniformity) Garnishing						10
Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish						10
<b>4-H Food and Nutrition Project Activities:</b> Community service, leadership, workshops						15
<b>Effectiveness of Communication:</b> Voice Poise Personal/Appearance						10
Summary of Experiences						5
<b>ADDITIONAL COMMENTS</b>						