

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		
THE INTERVIEW						
Knowledge of MyPlate: 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	20-15	14-10	9-5	4-1		20
Nutrient Knowledge: Knows what this dish contributes to the diet	15-11	10-6	5-3	2-1		15
Food Preparation: Knows the key steps in preparation of dish and function of ingredients	15-11	10-6	5-3	2-1		15
Food Presentation/Quality: Appearance of food (texture, uniformity) Garnishing	10-8	7-6	5-3	2-1		10
Food Safety Concerns and Practices: Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		10
4-H Food and Nutrition Project Activities: Community service, leadership, workshops	15-11	10-6	5-3	2-1		15
Effectiveness of Communication: Voice Poise Personal/Appearance	10-8	7-6	5-3	2-1		10
Summary of Experiences	5-4	3	2	1		5

ADDITIONAL COMMENTS