

## DISTRICT 5 4-H FOOD SHOW SCORECARD

**CONTESTANT NAME:** \_\_\_\_\_

**COUNTY:** \_\_\_\_\_

**DISTRICT:** \_\_\_\_\_

**ENTRY CATEGORY:**

Protein

Fruit & Vegetables

Grains

Dairy

**AGE DIVISION:**

Junior

Intermediate

Senior

	Rating				Comments	Points
	Outstanding	Good	Fair	Needs Improvement		
<b>I. PRESENTATION</b>						
<b>Is theme represented in this entry?</b>	5-4	3	2	1		(5)
<b>Knowledge of MyPlate:</b> Food group of individual ingredients, serving amount needed from each group daily; food group that dish falls into; knowledge of personal healthy lifestyles choices based on dietary guidelines	10-8	7-6	5-3	2-1		(10)
<b>Nutrition Knowledge:</b> Contestant understands what this dish contributes to the diet	10-8	7-6	5-3	2-1		(10)
<b>Food Preparation:</b> Knows the key steps in preparation of food and function of ingredients	10-8	7-6	5-3	2-1		(10)
<b>Food Safety Concerns &amp; Practices:</b> Knows food safety concerns in preparation and storage of dish	10-8	7-6	5-3	2-1		(10)
<b>II. INTERVIEW</b> (category specific questions)						
<b>Knowledge of MyPlate</b>	10-8	7-6	5-3	2-1		(10)
<b>Nutrition Knowledge</b>	10-8	7-6	5-3	2-1		(10)
<b>Food Preparation</b>	10-8	7-6	5-3	2-1		(10)
<b>Food Safety</b>	5-4	3	2	1		(5)
<b>4-H Food &amp; Nutrition Project Activities</b>	5-4	3	2	1		(5)
<b>III. FOOD EVALUATION</b>						
<b>Food Presentation/Quality:</b> Appearance of food (texture, uniformity); garnishing	5-4	3	2	1		(5)
<b>IV. EFFECTIVENESS OF COMMUNICATION</b>						
<b>Voice, poise, personal appearance</b>	5-4	3	2	1		(5)
<b>V. PAPERWORK</b>						
<b>Summary of project experiences</b>	5-4	3	2	1		(5)
<b>ADDITIONAL COMMENTS:</b>				<b>TOTAL POINTS:</b> _____ <b>ADDITIONAL DEDUCTIONS:</b> _____ <b>FINAL SCORE:</b> _____		