

2019 DISTRICT 5 4-H FOOD SHOW SCORECARD



CONTESTANT NAME: _____

COUNTY: _____

ENTRY CATEGORY: Bread & Cereal Fruit & Veggie Main Dish Nutritious Snack

AGE DIVISION: Junior Intermediate Senior

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