

## JUDGES' QUESTIONS

### District 5 4-H Food Show

Junior and Intermediate contestants will be required to answer these questions during competition:

1. Tell me how many years you have been in the 4-H Foods Project.
2. Tell me something you learned from this project.
3. Briefly tell me how you prepared your dish.  
(Food Preparation on the scorecard)
4. Could you make any substitutions for any ingredient in your recipe?  
(Nutrient Knowledge and Food Preparation on the scorecard)
5. What is the key nutrient in the dish you prepared? Why is it important?  
(Nutrient Knowledge and Food Preparation on the scorecard)
6. Name the food groups found on the MyPlate. Which food group does your dish belong in?  
(Knowledge of MyPlate on the scorecard)
7. How many calories are in one serving of your dish?  
(Knowledge of MyPlate and Nutrient Knowledge on the scorecard)
8. If you prepared your dish to take to someone's house, what steps would you take to transport the dish and serve it properly?  
(Food Safety Concerns Practices on the scorecard)
9. Tell me one thing you have done to improve your eating habits.  
(Knowledge of MyPlate and Nutrient Knowledge on the scorecard).
10. Is there anything else you would like to tell us about your Food and Nutrition project?
11. Tell me about any leadership opportunities that you took advantage of in this year's foods project.  
(Food & Nutrition Project Activities on the scorecard)
12. Tell me about your community service activities related to the food project.  
(Food & Nutrition Project Activities on the scorecard)

