District 5 4-H Food Show | Preparation Scorecard

Contestant Name: _____ County: _____

Age Division: ___ Junior ___ Intermediate ___ Senior

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

Observation	Comments	Points	Score
Safety Concerns & Practices			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		(5)	
Handled ingredients appropriately to avoid cross contamination		(5)	
Personal Hygiene (hair, nails, jewelry, etc.)		(5)	
Preparation			
Practiced correct cooking procedures based upon ingredients provided		(2)	
Completed tasks efficiently and in a logical order		(2)	
Management			
Used workspace efficiently		(2)	
Effective use of time		(2)	
Preparation table was clean at the conclusion of the preparation period		(2)	
Additional Comments: *(based on observation)*	Total Points	Possible (25)	

District 5 4-H Food Show | Presentation Scorecard

Contestant Name: _____ County: _____

Age Division: ___ Junior ___ Intermediate ___ Senior

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

	Comments	Points	Score
I. PRESENTATION			
Theme: • How does the theme fit with the dish?		(5)	
Knowledge of MyPlate: • Food group(s) represented in dish. • Serving amount needed from each group daily for age. • How did MyPlate guide choice of dish? • How does this dish reflect MyPlate?		(10)	
Nutrition Knowledge: • Key nutrients of dish and function of those nutrients		(10)	
Food Preparation: • Preparation key principles and function of key ingredients • Healthy substitutions		(10)	
Food Safety Concerns & Practices: • Knows food safety concerns in preparation and storage of dish • Follows FightBAC principles		(10)	
II. INTERVIEW *(category specific)*			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
• Appearance of food (texture, uniformity) • Garnishing		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
• Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE SCORE			
• Proper demonstration of assigned skill.		(10)	
Additional Comments:	Total Points	Possible (90)	