****D8 4-H FOOD SHOW**

*2019 District 8 4-H Food Show*

*Score Sheet*

|  |  |  |  |
| --- | --- | --- | --- |
| **Name** |  | **County** |  |
| **Age Division** |  | Junior |  | Intermediate |  | \_\_\_\_ Senior |  |  |
| **Category** |  | Bread & Cereal |  | Fruit & Vegetable |  | Main Dish |  | Nutritious Snacks |
| **Name of Recipe** |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Comments** | **Points** | **Score** |
| **I. Presentation** |
| **Theme:**Is theme represented in this entry? |  | (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) |  |
| **Nutrition Knowledge:*** Contestant understands what this dish contributes to the diet
 |  | (10) |  |
| **Food Preparation:*** Knows the key steps in preparation of food and function of ingredients
 |  | (10) |  |
| **Food Safety Concerns & Practices:*** Knows food safety concerns in preparation and storage of dish
 |  | (10) |  |
| **II. Interview (category specific)** |
| **Judge’s Questions** |  | (15) |  |
| **4-H Food & Nutrition Project Activities**  |  | (5) |  |
| **III. Food Evaluation** |
| **Food Presentation/Quality:*** Appearance of food (texture, uniformity)
* Garnishing
 |  | (5) |  |
| **IV. Effectiveness of Communication** |
| *Voice, poise, personal appearance* |  | (5) |  |
| **Additional Comments:** | Total Points | Possible(75) |  |
| Additional Deductions |  |
| Final Score |  |