*00105188***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 | |  |