

Texas AgriLife Extension
The Texas A&M University System
District 5 4-H Food Show Scorecard

Name Holli Williams County Rusk

Category ☐ Main Dish ☒ Fruits and Vegetables
☐ Bread and Cereals ☐ Nutritious Snacks

☒ Junior
☐ Intermediate
☐ Senior

Comments	Category	Poor	Fair	Avg	Good	Exc
	1. Interview and Presentation (60 points)					
	a. Experiences	1	2	3	4	5
	b. Knowledge gained	1	2	3	4	5
	c. Skills gained	1	2	3	4	5
	d. Preparation principles	1	2	3	4	5
	e. Function of ingredients and substitutions	1	2	3	4	5
	f. Nutrients and functions	1	2	3	4	5
	g. Dietary guidelines and relationship with dish	1	2	3	4	5
	h. Calorie content and menu considerations (nutrient density)	1	2	3	4	5
	i. Food safety concerns	1	2	3	4	5
	j. Dietary/lifestyle choices	1	2	3	4	5
	k. Leadership	1	2	3	4	5
	l. Community service	1	2	3	4	5
	2. Communication Skills (15 points)					
	a. Voice	1	2	3	4	5
	b. Poise	1	2	3	4	5
	c. Presentation organization	1	2	3	4	5
	3. Food (5 points)					
	a. Appearance/appeal	1	2	3	4	5

Total Possible Score: 80 (16) (32) (48) (64) (80)

Score: _____