# Dallas County Food Show January 21, 2016 / 12:30 PM

Sample Questions

The following are sample questions 4-H members can practice to prepare them for the interview portion of the Food Show contest. These are only a guide; judges may ask whatever they wish.

1. How do you balance your daily menu to ensure you get proper amounts of food from each food group?

2. Name the food groups found in My Plate and amounts required from each food group per day.

3. What function does each ingredient perform in the recipe?

4. What are the basic preparation principles involved in preparing this dish?

5. What food safety practices did you follow during preparation?

6. What is considered a serving of your dish?

7. If substitutions are possible, what are they?

8. Which and what amount of important nutrients are found in your dish?

9. What is the function of nutrients found in your dish?

10. What changes have you made in your dietary habits as a result of your 4-H Food & Nutrition projects?

11. Tell about your community service and leadership in this year’s 4-H Food & Nutrition project.

12. What were your goals for your 4-H Food & Nutrition project and what are some activities you did in this project?

13. What do you consider your most important learning experience in this year’s 4-H Food & Nutrition project?

14. Is there anything else you would like to tell us about your project?

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Sample Food Show Score Card

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