

## D8 4-H FOOD SHOW

### 2021 District 8 4-H Food Show

#### Score Sheet

**Name** \_\_\_\_\_ **County** \_\_\_\_\_  
**Age Division**     \_\_\_ Junior             \_\_\_ Intermediate             \_\_\_ Senior  
**Category**             \_\_\_ Appetizer             \_\_\_ Side Dish             \_\_\_ Main Dish             \_\_\_ Healthy Dessert  
**Name of Recipe** \_\_\_\_\_

	Comments	Points	Score
<b>I. Presentation</b>			
<b>Theme:</b> Is theme represented in this entry?		(5)	
<b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>• Food group of individual ingredients</li> <li>• Serving amount needed from each group daily</li> <li>• Food group that dish falls into</li> <li>• Knowledge of personal healthy lifestyles choices based on dietary guidelines</li> </ul>		(10)	
<b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>• Contestant understands what this dish contributes to the diet</li> </ul>		(10)	
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>• Knows the key steps in preparation of food and function of ingredients</li> </ul>		(10)	
<b>Food Safety Concerns &amp; Practices:</b> <ul style="list-style-type: none"> <li>• Knows food safety concerns in preparation and storage of dish</li> </ul>		(10)	
<b>II. Interview (category specific)</b>			
<b>Judge's Questions</b>		(15)	
<b>4-H Food &amp; Nutrition Project Activities</b>		(10)	
<b>III. Food Evaluation</b>			
<b>Food Presentation/Quality:</b> <ul style="list-style-type: none"> <li>• Appearance of food (texture, uniformity)</li> <li>• Garnishing</li> </ul>		(5)	
<b>IV. Effectiveness of Communication</b>			
<i>Voice, poise, personal appearance</i>		(5)	
<b>V. Skill Showcase</b>			
Proper demonstration of assigned skill		(10)	
<b>Additional Comments:</b>		Total Points	Possible (90)
		Final Score	