

DISTRICT 8 4-H Food Show

Score Sheet

CONTESTANT NAME:								
CATEGORY (please check one)	<input type="checkbox"/>	APPETIZER	<input type="checkbox"/>	MAIN DISH	<input type="checkbox"/>	SIDE DISH	<input type="checkbox"/>	HEALTHY DESSERTS
COUNTY				AGE DIVISION:				
DISTRICT								

	Comments	Points	Score
I. Presentation			
Theme: Is theme represented in this entry?		(10)	
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		(15)	
III. Food Evaluation			
Food Presentation/Quality: Appearance of food (texture, uniformity) Garnishing		(10)	
IV. Effectiveness of Communication			
<i>Voice, poise, personal appearance</i>		(10)	
Additional Comments:	Total Points	Possible (100)	
	Final Score		