

2008 DISTRICT 10 4-H FOOD SHOW RECORD FORM

Age Division: (Circle One): Junior Intermediate Senior

Name: _____

Birthdate: _____

Address: _____

Age (as of Aug. 31, 2008): _____

City, Town, Zip _____

District: _____

County: _____

Years in 4-H: _____

Food Category: _____

Years in project: _____

Attach an additional sheet if necessary to complete your recipe)

RECIPE



DISTRICT 10 4-H FOOD SHOW SCORECARD

Name _____
County _____

NAME: _____

COUNTY: _____

CATEGORY: Main Dish Fruits & Vegetables
 Breads & Cereals Nutritious Snacks

AGE DIVISION: Junior Intermediate Senior

Comments	Questions addressed	Judging Criteria	Judge's Scores/Notes
		1. Interview Presentation(70 pts)	
	7, 10, 17	A. Experiences	
	5	B. Leadership	
	6	C. Community Service	
	17	D. Knowledge Gained	
	4	E. Preparation	
	15	F. Preparation Principles	
	11, 16	G. Function of Ingredients and Substitutions	
	8	H. Nutrients and Functions	
	1, 2, 3, 12	I. Dietary Guidelines and Relationship with Dish	
	5, 9, 19	J. Calorie Content and Menu Considerations (Nutrient Density)	
	18	K. Food Safety Concerns	
	9, 13, 14, 19	L. Dietary/Lifestyle Choices	
		2. Communication Skills (15 pts)	
		A. Voice	
		B. Poise	
		C. Presentation	
		3. Recipe (5 points)	
		2. Food (10 points)	
		A. Appearance/Appeal	
	B. Quality		

Rank Contestants 1st through 5th place

2008 District 10 4-H Food Show Questions

Junior - Questions 1 - 7 ★ Intermediate - Questions 1 - 11 ★ Senior - Questions 1 - 19

1. What are the food groups included in the **My Pyramid**?
2. How many ounces or cups do you need from each food group in the **My Pyramid** for a 2,000 calorie diet?
3. What are the **key nutrients** you would get from your recipe? Why do you need these nutrients?
4. What are the **preparation steps** in your recipe and why are they important?
5. What are some examples of leadership that you have provided in your Food & Nutrition Project?
6. What are some examples of community service that you have participated in for your Food & Nutrition Project?
7. What are some of the things you learned (or did) in your **foods project**?
8. Give one example of a food from each **My Pyramid** group and a **key nutrient** found in that food group.
9. Other than **My Pyramid**, what should you consider when **planning a meal**?
10. What was the one thing you learned in your **foods and nutrition project** that you thought was most important?
11. What is the **function of** _____ **(ingredient)** and a possible **substitution**?
12. Give an example of a typical serving size for each of the food groups in the **My Pyramid**.
13. Is this dish a high, medium or low calorie food? Suppose that someone in your family needed to lose weight, how would you **change this recipe** to lower the calories?
14. What one **key nutrient** is most difficult for you to get in your daily diet and why? What foods should you eat to get that nutrient?
15. What is the most critical step in successfully **preparing your recipe**?
16. Explain the **function(s) of** _____ **(ingredient)** in your recipe as it relates to structure, texture, flavor, color, volume, etc. of your dish.
17. What foods have you learned to eat as a result of your foods and nutrition project? Is this an improvement in your **daily diet**?
18. How would you store or prepare this dish to maintain nutrients and prevent spoilage and **food borne illness**?
19. What changes have you made, or could you make, in your diet as a result of what you have learned in your **foods and nutrition project**?