District 10 4-H Food Show Scorecard

NAME ___________________________________________  Jr  Int  Sr

ENTRY CATEGORY:  __Protein  __Fruit & Vegetable  __Grains  __Dairy

County

<table>
<thead>
<tr>
<th>Rating</th>
<th>Comments</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outstanding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Need: Improvement</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I. THE INTERVIEW
Knowledge of MyPlate:
Food group of individual ingredients, serving amount needed from each group daily, food group that dish falls into, number of servings provided by an individual serving of the dish, knowledge of personal healthy lifestyle choices based on dietary guidelines

Nutrient Knowledge:
Knows what this dish contributes to the diet

Food Preparation: Knows the key steps in preparation of dish and function of ingredients

Food Presentation/Quality:
Appearance of food (texture, uniformity)
Garnishing

Food Safety Concerns and Practices:
Knows food safety concerns in preparation and storage of dish

4-H Food and Nutrition Project Activities:
Community service, leadership, workshops

Effectiveness of Communication:
Voice
Poise
Personal/Appearance

II. PAPERWORK
Complete Recipe
Summary of Experiences

ADDITIONAL COMMENTS

Revised 7/2012