## District 10 Food Show

**Senior Score Card**

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____Main Dish _____ Side Dish _____ Healthy Dessert

| | Comments | Points | Score |
|---|---|---|---|
| **I. PRESENTATION** | | | |
| **Theme:** Is theme represented in this entry? | | (5) | |
| **Knowledge of MyPlate:** Food group of individual ingredients<br>Serving amount needed from each group daily<br>Food group that dish falls into<br>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** | | (10) | |
| **III. FOOD PRESENTATION/QUALITY** | | | |
| Appearance of food (texture, uniformity)<br>Garnishing | | (5) | |
| **IV. EFFECTIVENESS OF COMMUNICATI ON** | | | |
| Voice, poise, personal appearance | | (5) | |
| **V. SKILL SHOWCASE** | | | |
| Proper demonstration of assigned skill | | (10) | |
| **VI. Knowledge Showcase** | | | |
| | | (10) | |
| **Additional Comments:** | | **Total Points (100)** | |
| Judges Initials: | | | |

Revised August 2020

# District 10 Food Show

## Intermediate Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____Main Dish _____ Side Dish _____ Healthy Dessert

| | Comments |
|---|---|
| **I. INTERVIEW** | |
| **Theme:** Is theme represented in this entry? | |
| **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 | |
| **Nutrition Knowledge:** Contestant understands what this dish contributes to the diet | |
| **Food Preparation:** Knows the key steps in preparation of food and function of ingredients | |
| **Food Safety Concerns & Practices:** Knows food safety concerns in preparation and storage of dish | |
| **Judge's Questions** | |
| **4-H Food & Nutrition Project Activities** | |
| **II. FOOD PRESENTATION/QUALITY** | |
| Appearance of food (texture, uniformity) | |
| Garnishing | |
| **III. EFFECTIVENESS OF COMMUNICATION** | |
| Voice, poise, personal appearance | |
| **IV. SKILL SHOWCASE** | |
| Proper demonstration of assigned skill | |
| **Additional Comments:** | |
| Judges Initials | |

Revised August 2020

# District 10 Food Show

## Junior Score Card

Contestant Name: _____ County: _____

Entry Category: _____ Appetizer _____Main Dish _____ Side Dish _____ Healthy Dessert

| | Comments |
|---|---|
| **I. INTERVIEW** | |
| **Theme:** | |
| Is theme represented in this entry? | |
| **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 | |
| **Nutrition Knowledge:** | |
| Contestant understands what this dish contributes to the diet | |
| **Food Preparation:** | |
| Knows the key steps in preparation of food and function of ingredients | |
| **Food Safety Concerns & Practices:** | |
| Knows food safety concerns in preparation and storage of dish | |
| **Judge's Questions** | |
| **4-H Food & Nutrition Project Activities** | |
| **II. FOOD EVALUATION** | |
| **Food Presentation/Quality:** | |
| Appearance of food (texture, uniformity) | |
| Garnishing | |
| **III. EFFECTIVENESS OF COMMUNICATION** | |
| Voice, poise, personal appearance | |
| **Additional Comments:** | |
| | |
| Judges Initials | |

Revised August 2020

# TEXAS 4-H FOOD SHOW
# RECIPE SUBMISSION PAPERWORK

| | | | | |
|---|---|---|---|---|
| **CONTESTANT NAME:** | | | | |
| **CATEGORY** *Please check one* | ☐ Breads & Cereal | ☐ Fruits & Vegetables | ☐ Main Dish | ☐ Nutritious Snack |
| **COUNTY** | | | | |
| **DISTRICT** | | | | |

| | |
|---|---|
| **Name of Recipe:** | |
| **Prep Time:** | **Cook Time:** |

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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