

# Junior & Intermediate Sample Questions

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**\*NOTE:** Juniors and Intermediates should attempt to cover the assigned MyPlate, Nutrition Knowledge, Food Preparation, Food Safety Concerns & Practices, and theme information in their Presentation. However, judges will be permitted to ask follow-up questions during the interview in each of those judging categories. High rank/placing will be awarded to 4-H members with a more holistic and informative presentation.

1. What food and nutrition related community service did you participate in your foods & nutrition project this year?
2. What is the most important preparation step in your dish?
3. What did you learn about food safety in your foods & nutrition project?
4. What have you learned in your foods project about healthy eating?
5. Give one example of a food from each My Plate section.
6. Other than My Plate, what should you consider when planning a meal?
7. What did you learn in your foods and nutrition project that you thought was most important? Through Community Services, Leadership, Workshops, etc.
8. If you were planning to prepare this dish but you go to the grocery store and the store is out of (main ingredient), what would you use as a substitute and how would that affect the dish?
9. Is there anything you would like to add concerning your food and nutrition project?
10. How would you change this dish if you were serving it to a person diagnosed with diabetes?