

# 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 are the key nutrients you would get from your recipe? Why do you need these nutrients?
2. What are the preparation steps in your recipe and why are they important?
3. What did you learn about food safety in your foods & nutrition project?
4. Tell me about one of the ingredients in your dish and why it is important in your recipe?
5. (Function of ingredients)
6. What have you learned in your foods project about healthy eating?
7. Give one example of a food from each My Plate section.
8. Other than My Plate, what should you consider when planning a meal?
9. What did you learned in your foods and nutrition project that you thought was most important in  
Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of how you incorporated the theme into your dish / dish selection.
13. Is there anything you would like to add concerning your food and nutrition project?