

District 10 Food Show

Junior Score Card

Contestant Name: _____ County: _____

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

Comments

I. PRESENTATION & INTERVIEW

Theme:

How does the theme fit with the dish?

Knowledge of MyPlate:

Food group(s) represented in dish.

Serving amount needed from each group daily for age.

How did MyPlate guide choice of dish?

How does this dish reflect MyPlate?

Nutrition Knowledge:

Key nutrients of dish and function of those nutrients

Food Preparation:

Preparation key principles and function of key ingredients

Healthy substitutions

Food Safety Concerns & Practices:

Knows food safety concerns in preparation and storage of dish

Follows FightBAC principles

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 September 2023