

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: <ul style="list-style-type: none"> How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> 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? 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> Preparation key principles and function of key ingredients Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> Knows food safety concerns in preparation and storage of dish Follows FightBAC principles 		(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) Garnishing		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
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:			