# District 2 4-H Food Show Score Sheet
## Junior Division

**Name:** __________________________  
**County:** __________________________

**Entry Category:**  
Protein  
Fruit & Vegetable  
Grains  
Dairy

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| **Introduction Presentation:**  
Introduce themselves, their dish and it how fits into the theme | Outstanding 5  | Good 4  | Fair 3  | Needs Improvement 2  |
| **MyPlate**  
What are the basic food groups according to MyPlate?  
Give one example of a specific food that fits into each category | Outstanding 20  | Good 19  | Fair 18  | Needs Improvement 17  |
| **Nutrients:**  
What are the key nutrients in the dish you prepared and why do you need these nutrients?  
Which item provides these nutrients? | Outstanding 20  | Good 19  | Fair 18  | Needs Improvement 17  |
| **Preparation and Safety:**  
What are the steps you used in preparing your dish, including food safety specific to your dish? (include Fight BAC principles as appropriate) | Outstanding 20  | Good 19  | Fair 18  | Needs Improvement 17  |
| **Learning Experiences:**  
Please tell us about your Food and Nutrition project experiences this year? | Outstanding 10  | Good 9  | Fair 8  | Needs Improvement 7  |
| **Communication Skills:**  
Voice, Poise, Presentation and Appearance | Outstanding 20  | Good 19  | Fair 18  | Needs Improvement 17  |
| **Food Presentation:**  
Food appearance, quality, texture, color and aroma | Outstanding 5  | Good 4  | Fair 3  | Needs Improvement 2  |
| **Total** | | | | |

Updated 08/2014