

District 2 4-H Food Show Score Sheet Intermediate Division

Name: _____

County: _____

Entry Category: ___ Main Dish ___ Fruits & Vegetables ___ Breads & Cereals ___ Nutritious Snacks

| | Rating | | | | Comments |
|---|-------------|------|------|-------------------|----------|
| | Outstanding | Good | Fair | Needs Improvement | |
| Introduction Presentation: Introduce yourself and your dish and it how fits into the theme | 5 | 4 | 3 | 2 | |
| MyPlate What are the basic food groups according to MyPlate and serving amounts needed daily from each group? Give one example of a specific food that fits into each category. | 20 | 19 | 18 | 17 | |
| Nutrients: What are the key nutrients in the dish you prepared and why do you need these nutrients? Which ingredient in your dish provides these nutrients? What happens to the body if you do not get these nutrients? | 20 | 19 | 18 | 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). | 20 | 19 | 18 | 17 | |
| Learning Experiences: Please tell us about your Food and Nutrition project experiences this year? Include community service and leadership activities | 10 | 9 | 8 | 7 | |
| Communication Skills: Voice, Poise, Presentation and Appearance | 20 | 19 | 18 | 17 | |
| Food Presentation: Food appearance, quality, texture, color and aroma | 5 | 4 | 3 | 2 | |
| Total | | | | | |