

District 2 4-H Food Show Score Sheet Junior 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?	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?	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					