

# TEXAS 4-H FOOD SHOW SCORECARD

CONTESTANT NAME: \_\_\_\_\_

COUNTY: \_\_\_\_\_ DISTRICT: \_\_\_\_\_

ENTRY CATEGORY:  Bread & Cereal  Fruit & Veggie  Main Dish  Nutritious Snack

AGE DIVISION:  Junior  Intermediate  Senior

|  | Rating      |      |      |                   | Comments | Points |
|--|-------------|------|------|-------------------|----------|--------|
|  | Outstanding | Good | Fair | Needs Improvement |          |        |
| <b>I. PRESENTATION</b>   |             |      |      |                   |          |        |
| <i>Is theme represented in this entry?</i>   | 5-4         | 3    | 2    | 1                 |          | (5)    |
| <b>Knowledge of MyPlate:</b><br>Food group of individual ingredients, serving amount needed from each group daily; food group that dish falls into; knowledge of personal healthy lifestyles choices based on dietary guidelines | 10-8        | 7-6  | 5-3  | 2-1               |          | (10)   |
| <b>Nutrition Knowledge:</b><br>Contestant understands what this dish contributes to the diet   | 10-8        | 7-6  | 5-3  | 2-1               |          | (10)   |
| <b>Food Preparation:</b><br>Knows the key steps in preparation of food and function of ingredients   | 10-8        | 7-6  | 5-3  | 2-1               |          | (10)   |
| <b>Food Safety Concerns &amp; Practices:</b><br>Knows food safety concerns in preparation and storage of dish  | 10-8        | 7-6  | 5-3  | 2-1               |          | (10)   |
| <b>II. INTERVIEW</b> <i>(category specific)</i>  |             |      |      |                   |          |        |
| <b>Knowledge of MyPlate</b>  | 10-8        | 7-6  | 5-3  | 2-1               |          | (10)   |
| <b>Nutrition Knowledge</b>   | 10-8        | 7-6  | 5-3  | 2-1               |          | (10)   |
| <b>Food Preparation</b>  | 10-8        | 7-6  | 5-3  | 2-1               |          | (10)   |
| <b>Food Safety</b>   | 5-4         | 3    | 2    | 1                 |          | (5)    |
| <b>4-H Food &amp; Nutrition Project Activities</b>   | 5-4         | 3    | 2    | 1                 |          | (5)    |
| <b>III. FOOD EVALUATION</b>  |             |      |      |                   |          |        |
| <b>Food Presentation/Quality:</b><br>Appearance of food (texture, uniformity); garnishing  | 5-4         | 3    | 2    | 1                 |          | (5)    |
| <b>IV. EFFECTIVENESS OF COMMUNICATION</b>  |             |      |      |                   |          |        |
| <i>Voice, poise, personal appearance</i>   | 5-4         | 3    | 2    | 1                 |          | (5)    |
| <b>V. PAPERWORK</b>  |             |      |      |                   |          |        |
| <i>Summary of project experiences</i>  | 5-4         | 3    | 2    | 1                 |          | (5)    |

|                               |                      |
|-------------------------------|----------------------|
| <b>Additional Comments:</b>   | <b>Total Points:</b> |
| <b>Additional Deductions:</b> | <hr/>                |
| <b>Final Score:</b>           | <hr/>                |