

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

Name: \_\_\_\_\_

County: \_\_\_\_\_

Entry Category: \_\_\_ Appetizer      \_\_\_ Main Dish      \_\_\_ Side Dish      \_\_\_ Healthy Dessert

	Rating				Comments
	Outstanding	Good	Fair	Needs Improvement	
<b>Introduction Presentation:</b> Introduce yourself and your dish and it how fits into the theme	5	4	3	2	
<b>MyPlate</b> What are the basic food groups according to MyPlate and amounts needed daily from each group? Give one example of a specific food that fits into each category.	20	19	18	17	
<b>Nutrients:</b> 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	
<b>Preparation and Safety:</b> 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	
<b>Learning Experiences:</b> Please tell us about your Food and Nutrition project experiences this year?	10	9	8	7	
<b>Communication Skills:</b> Voice, Poise, Presentation and Appearance	20	19	18	17	
<b>Food Presentation:</b> Food appearance, quality, texture, color and aroma	5	4	3	2	
<b>Total Interview Score</b> (possible 100)					

Skill Show Case Score (possible 10)

Knowledge Showcase Score (possible 10)

**TOTAL SCORE (possible 120)**