

## District 2 4-H Food Show Score Sheet Intermediate 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? What happens to the body if you do not get 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? Include community service and leadership activities	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)

**TOTAL SCORE** (possible 110)