2017 DISTRICT 3 4-H
FOOD SHOW
SCORECARD **Intermediate Division**

Entry Class (Check One) ☐ Protein ☐ Fruit/Vegetable ☐ Grains ☐ Dairy

County _____

Name _____

Judges Initials: _____

Name of Dish _____

Years in Food Show: _____

FACTORS TO CONSIDER		Comments	Excellent	Fair	Needs Improvement
(5%)	**Introduction/Presentation** Each contestant will start with a maximum two-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, or their experience in 4-H and the Food & Nutrition Project.		_____	_____	_____
(45%)	**Score for the food** – nutrition, texture, appearance of food only, etc.		_____	_____	_____
	Preparation – How the dish was made? (This includes food safety concerns and science based information.		_____	_____	_____
	Recipe – Can you make substitution(s) for any ingredient(s)		_____	_____	_____
(45%)	**MyPlate** Discuss the dietary guidelines		_____	_____	_____
	What are the main nutrients in your dish?		_____	_____	_____
	How much of your recipe is considered a serving?		_____	_____	_____
(5%)	**Effectiveness of Communication** – Voice, eye contact, poise in answering questions		_____	_____	_____
	What did you learn in your food project? Did you participate in any other food & nutrition activities in addition to the food show?		_____	_____	_____

ADDITIONAL COMMENTS