

TEXAS AGRILIFE EXTENSION SERVICE  
The Texas A&M System  
**2010 4-H Food Show Scorecard - Senior**

Name \_\_\_\_\_

County \_\_\_\_\_ District \_\_\_\_\_

Category:  Main Dish    Fruit and Vegetable    Bread and Cereal    Nutritious Snacks

Comments	Category	Poor	Fair	Avg	Good	Exc
	<b>1. Form (25 points)</b>					
	<b>a. Leadership</b>	1	2	3	4	5
	b. Community service	1	2	3	4	5
	<b>c. Knowledge &amp; skills</b>	1	2	3	4	5
	d. Project activities	1	2	3	4	5
	<b>e. Goals &amp; summary</b>	1	2	3	4	5
	<b>2. Recipe (5 points)</b>	1	2	3	4	5
	<b>3. Communication Skills (15 points)</b>					
	a. Voice	1	2	3	4	5
	<b>b. Poise</b>	1	2	3	4	5
	c. Presentation	1	2	3	4	5
	<b>4. Interview (45 points)</b>					
	a. Experiences	1	2	3	4	5
	<b>b. Knowledge gained</b>	1	2	3	4	5
	c. Preparation principles	1	2	3	4	5
	<b>d. Ingredient</b>	1	2	3	4	5
	e. Nutrients	1	2	3	4	5
	<b>f. Dietary guidelines My Pyramid</b>	1	2	3	4	5
	g. Calorie & serving sizes	1	2	3	4	5
	<b>h. Food safety</b>	1	2	3	4	5
	i. Dietary/lifestyle choices	1	2	3	4	5
	<b>5. Food (10 points)</b>					
	a. Appearance/appeal	1	2	3	4	5
	<b>b. Quality</b>	1	2	3	4	5

(20)      (40)      (60)      (80)      (100)  
Penalty points deducted \_\_\_\_\_

Score \_\_\_\_\_

Educational programs conducted by Texas AgriLife Extension are open to all people without regard to race, color, sex, disability, religion, age or national origin.  
The Texas A&M System, U.S. Department of Agriculture, and the County Courts of Texas Cooperating

## District 12 4-H Food Show Scorecard Intermediate Division

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Entry Class: \_\_\_\_\_

Name of Food Exhibited \_\_\_\_\_

**Possible  
Score**

**Actual  
Score**

**I. The Interview**

What are the food groups in the new food guidance system, "MyPyramid"?  
Know the food groups and range of servings according to the 2,000 calorie  
eating plan. Give the number of servings needed daily from each group  
and one example of each . . . . . 20

\_\_\_\_\_

What are the key nutrients that you would get from this recipe  
and what do they do for your body? . . . . . 20

\_\_\_\_\_

How did you prepare your dish? . . . . . 10

\_\_\_\_\_

Personal Appearance ----- neat and well groomed, uses basic  
food safety handling techniques. . . . . 10

\_\_\_\_\_

Effectiveness of communications: Share one new thing  
you learned in your foods and nutrition project. . . . . 10

\_\_\_\_\_

**II. The Food Exhibited**

Texture, temperature, color, aroma, and appearance. . . . . 20

\_\_\_\_\_

Was the food displayed and garnished attractively? . . . . . 10

\_\_\_\_\_

\_\_\_\_\_  
(100)

\_\_\_\_\_  
Total Score

**Comments: Strengths** \_\_\_\_\_

\_\_\_\_\_

**Comments: Needs Improvement** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Judge's Initials

## District 12 4-H Food Show Scorecard Junior Division

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Entry Class: \_\_\_\_\_

Name of Food Exhibited \_\_\_\_\_

**Possible  
Score**

**Actual  
Score**

**I. The Interview**

What are the food groups in the new food guidance system, "MyPyramid"?  
Know the food groups and range of servings according to the 2,000 calorie  
eating plan. Give the number of servings needed daily from each group  
and one example of each . . . . . 20

\_\_\_\_\_

What are the key nutrients that you would get from this recipe  
and what do they do for your body? . . . . . 20

\_\_\_\_\_

How did you prepare your dish? . . . . . 10

\_\_\_\_\_

Personal Appearance ---- neat and well groomed, uses basic  
food safety handling techniques. . . . . 10

\_\_\_\_\_

Effectiveness of communications: Share one new thing  
you learned in your foods and nutrition project. . . . . 10

\_\_\_\_\_

**II. The Food Exhibited**

Texture, temperature, color, aroma, and appearance. . . . . 20

\_\_\_\_\_

Was the food displayed and garnished attractively? . . . . . 10

\_\_\_\_\_

\_\_\_\_\_  
(100)

\_\_\_\_\_  
Total Score

**Comments: Strengths** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Comments: Needs Improvement** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Judge's Initials