

# District 12 4-H Food Show | JUNIOR Scorecard

Contestant Name: \_\_\_\_\_ County: \_\_\_\_\_

Age Division: \_\_\_\_\_ Entry Category: \_\_\_\_\_

Recipe Title: \_\_\_\_\_

## I. INTERVIEW

<b>Theme:</b> <ul style="list-style-type: none"> <li>How does the theme fit with the dish?</li> </ul>		(5)	
<b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>Food group(s) represented in dish.</li> <li>Serving amount needed from each group daily for age.</li> <li>How did MyPlate guide choice of dish?</li> <li>How does this dish reflect MyPlate?</li> </ul>		(10)	
<b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>Key nutrients of dish and function of those nutrients</li> </ul>		(10)	
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>Preparation key principles and function of key ingredients</li> <li>Healthy substitutions</li> </ul>		(10)	
<b>Food Safety Concerns &amp; Practices:</b> <ul style="list-style-type: none"> <li>Knows food safety concerns in preparation and storage of dish</li> <li>Follows FightBAC principles</li> </ul>		(10)	
<b>4-H Food &amp; Nutrition Project Activities</b>		(10)	
<b>Additional Judge's Questions</b>		(15)	

## II. FOOD PRESENTATION/QUALITY

<ul style="list-style-type: none"> <li>Appearance of food (texture, uniformity)</li> <li>Garnishing</li> </ul>		(5)	
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## III. EFFECTIVENESS OF COMMUNICATION

<ul style="list-style-type: none"> <li>Voice, poise, personal appearance</li> </ul>		(5)	
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## TOTAL INTERVIEW SCORE

Additional Comments	<b>Total Interview Points</b>	<b>Possible (80)</b>	
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## IV. SHOWCASES

<b>Skill Showcase:</b> <ul style="list-style-type: none"> <li>Proper demonstration of assigned skill.</li> </ul>	<b>Not applicable for JUNIORS</b>	<b>(0)</b>	
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## V. KNOWLEDGE SHOWCASE

<b>Knowledge Showcase:</b> <ul style="list-style-type: none"> <li>Demonstration of knowledge. (written quiz)</li> </ul>	<b>Not applicable for JUNIORS</b>	<b>(0)</b>	
		<b>Total of Interview &amp; Skills Points</b>	<b>Possible (80)</b>

# District 12 4-H Food Show | INTERMEDIATE Scorecard

Contestant Name: \_\_\_\_\_ County: \_\_\_\_\_

Age Division: \_\_\_\_\_ Entry Category: \_\_\_\_\_

Recipe Title: \_\_\_\_\_

## I. INTERVIEW

<b>Theme:</b> <ul style="list-style-type: none"> <li>How does the theme fit with the dish?</li> </ul>		(5)	
<b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>Food group(s) represented in dish.</li> <li>Serving amount needed from each group daily for age.</li> <li>How did MyPlate guide choice of dish?</li> <li>How does this dish reflect MyPlate?</li> </ul>		(10)	
<b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>Key nutrients of dish and function of those nutrients</li> </ul>		(10)	
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>Preparation key principles and function of key ingredients</li> <li>Healthy substitutions</li> </ul>		(10)	
<b>Food Safety Concerns &amp; Practices:</b> <ul style="list-style-type: none"> <li>Knows food safety concerns in preparation and storage of dish</li> <li>Follows FightBAC principles</li> </ul>		(10)	
<b>4-H Food &amp; Nutrition Project Activities</b>		(10)	
<b>Additional Judge's Questions</b>		(15)	

## II. FOOD PRESENTATION/QUALITY

<ul style="list-style-type: none"> <li>Appearance of food (texture, uniformity)</li> <li>Garnishing</li> </ul>		(5)	
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## III. EFFECTIVENESS OF COMMUNICATION

<ul style="list-style-type: none"> <li>Voice, poise, personal appearance</li> </ul>		(5)	
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## TOTAL INTERVIEW SCORE

Additional Comments	<b>Total Interview Points</b>	<b>Possible (80)</b>	
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## IV. SHOWCASES

<b>Skill Showcase:</b> <ul style="list-style-type: none"> <li>Proper demonstration of assigned skill.</li> </ul>	<b>Not applicable for INTERMEDIATES</b>	<b>(0)</b>	
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## V. KNOWLEDGE SHOWCASE

<b>Knowledge Showcase:</b> <ul style="list-style-type: none"> <li>Demonstration of knowledge. (written quiz)</li> </ul>		(10)	
<b>Total of Interview &amp; Skills Points</b>		<b>Possible (90)</b>	

# District 12 4-H Food Show | SENIOR Scorecard

Contestant Name: \_\_\_\_\_ County: \_\_\_\_\_

Age Division: \_\_\_\_\_ Entry Category: \_\_\_\_\_

Recipe Title: \_\_\_\_\_

## I. PRESENTATION

<b>Theme:</b> <ul style="list-style-type: none"> <li>How does the theme fit with the dish?</li> </ul>		(5)	
<b>Knowledge of MyPlate:</b> <ul style="list-style-type: none"> <li>Food group(s) represented in dish.</li> <li>Serving amount needed from each group daily for age.</li> <li>How did MyPlate guide choice of dish?</li> <li>How does this dish reflect MyPlate?</li> </ul>		(10)	
<b>Nutrition Knowledge:</b> <ul style="list-style-type: none"> <li>Key nutrients of dish and function of those nutrients</li> </ul>		(10)	
<b>Food Preparation:</b> <ul style="list-style-type: none"> <li>Preparation key principles and function of key ingredients</li> <li>Healthy substitutions</li> </ul>		(10)	
<b>Food Safety Concerns &amp; Practices:</b> <ul style="list-style-type: none"> <li>Knows food safety concerns in preparation and storage of dish</li> <li>Follows FightBAC principles</li> </ul>		(10)	

## II. INTERVIEW

Additional Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	

## III. FOOD PRESENTATION/QUALITY

<ul style="list-style-type: none"> <li>Appearance of food (texture, uniformity)</li> <li>Garnishing</li> </ul>		(5)	
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## IV. EFFECTIVENESS OF COMMUNICATION

<ul style="list-style-type: none"> <li>Voice, poise, personal appearance</li> </ul>		(5)	
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## V. SKILL SHOWCASE

<b>Skill Showcase:</b> <ul style="list-style-type: none"> <li>Proper demonstration of assigned skill.</li> </ul>		(10)	
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## VI. KNOWLEDGE SHOWCASE

<b>Knowledge Showcase:</b> <ul style="list-style-type: none"> <li>Demonstration of knowledge. (written quiz)</li> </ul>		(10)	
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Additional Comments:			
		Total Points	Possible (100)