

Food Show Scorecard Supporting Resources

JUNIORS & INTERMEDIATES

The scorecards are identical for both age divisions. They include some important changes from previous years so please review this carefully.

MyPlate.gov provides very specific daily requirements based on age and gender. As a result, every 4-H member preparing for their interview needs to be knowledgeable of the requirement that apply to them specifically. This means that the answer to the questions in Knowledge of MyPlate within the scorecard will vary based on participant age and gender. The scorecard assumes "average" levels of activity and weight. It is advisable that 4-H members have a general knowledgeable of how changes in activity level and weight might impact daily nutritional requirements. (See tables below)

Knowledge of Food Safety includes a representative value towards their total score, specifically 15%. The intent is that 4-H members have a general knowledge of safe food handling, preparation, and storage practices appropriate to the age level. Their knowledge should focus specifically on their dish but expanding beyond that is good practice.

Project Activities accounts for 10% of the evaluative criteria. These 4-H members should be involved in food and nutrition activities and be able to communicate what they did and learned. Consideration will be extended to allow for age-appropriateness and number of years in the project.

It is important to review all evaluative criteria carefully and adjust educational efforts to prepare 4-H members accordingly.

GROUP	AGE	PROTEIN	FRUITS	VEGETABLES	GRAINS	DAIRY
CHILDREN	2-3 yrs. old	2 oz. equivalents**	1 cup**	1 cup**	1 3oz.	2 cups
	4-8 yrs. old	4 oz. equivalents**	1-1 ½ cups**	½ cups**	equivalents** 5oz. equivalents**	2 ½ cups
GIRLS	9-13 yrs. old	5 oz. equivalents**	1 ½ cups**	2 cups**	5oz	3 cups
	14-18 yrs. old	5 oz. equivalents**	1 ½ cups**	2 ½ cups**	equivalents** 6oz equivalents**	3 cups
BOYS	9-13 yrs. old	5 oz. equivalents**	1 ½ cups**	2 ½ cups**	6oz	3 cups
	14-18 yrs. old	6½ oz. equivalents**	2 cups**	3 cups**	equivalents** 8oz equivalents**	3 cups
WOMEN	19-30 yrs. old	5½ oz. equivalents**	2 cups**	2 ½ cups**	6oz	3 cups
	31-50 yrs. old	5 oz. equivalents**	1½ cups**	2 cups**	equivalents**	3 cups
	51+ yrs. old	5 oz. equivalents**	1½ cups**	2 cups**	6oz equivalents** 5oz equivalents**	3 cups
MEN	19-30 yrs. old	6½ oz. equivalents**	2 cups**	3 cups**	8oz	3 cups
	31-50 yrs. old	6 oz. equivalents**	2 cups**	3 cups**	equivalents**	3 cups
	51+ yrs. old	5½ oz. equivalents**	2 cups**	2 ½ cups**	7oz equivalents** 6oz equivalents**	3 cups

**4-Hers should identify where they are in this chart and be knowledgeable of their dietary requirements

Source: <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate> (Click the Food Group then the "+" next to "Daily **** Table" for each of the groups.) Revised: 10/2020

SENIORS

Please review the scorecard carefully. 4-H members will need to be prepared to communicate their project experiences in the Food & Nutrition project during the interview. 4-H members should have an advanced level of experience that are age-appropriate and include participation as well as leadership experiences. Project experience expectations have not been changed, only where and how that portion is evaluated. There will be 10 points (10%) of the evaluative criteria dedicated to this area.

Unlike JUNIOR & INTERMEDIATE scorecards, questions in the SENIOR interview are not limited to any specific set of questions. Senior 4-H members should have a more advanced level of knowledge and be able to communicate their knowledge of the topics identified in the scorecard.

STATE RULES & GUIDELINES

The state rules have been written primarily for SENIOR age divisions. The District event uses the state rules to extend the opportunity to younger 4-H members with some modifications. It is very important that you read state rules carefully, review the district letter and supporting materials carefully, and communicate with your county Extension agent if you have any questions or doubts.

District 12 4-H Food Show | JUNIOR Scorecard

Contestant Name: _____ County: _____

Age Division: _____ Entry Category: _____

Recipe Title: _____

I. INTERVIEW

Theme: • How does the theme fit with the dish?		(5)	
Knowledge of MyPlate: • Food group(s) represented in dish. • Serving amount needed from each group daily for age. • How did MyPlate guide choice of dish? • How does this dish reflect MyPlate?		(10)	
Nutrition Knowledge: • Key nutrients of dish and function of those nutrients		(10)	
Food Preparation: • Preparation key principles and function of key ingredients • Healthy substitutions		(10)	
Food Safety Concerns & Practices: • Knows food safety concerns in preparation and storage of dish • Follows FightBAC principles		(10)	
4-H Food & Nutrition Project Activities		(10)	
Additional Judge's Questions		(15)	

II. FOOD PRESENTATION/QUALITY

• Appearance of food (texture, uniformity) • Garnishing		(5)	
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III. EFFECTIVENESS OF COMMUNICATION

• Voice, poise, personal appearance		(5)	
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TOTAL INTERVIEW SCORE

Additional Comments		Total Interview Points	Possible (80)
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IV. SHOWCASES

Skill Showcase: • Proper demonstration of assigned skill.	Not applicable for JUNIORS	(0)	
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V. KNOWLEDGE SHOWCASE

Knowledge Showcase: • Demonstration of knowledge. (written quiz)	Not applicable for JUNIORS	(0)	
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		Total of Interview & Skills Points	Possible (80)
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District 12 4-H Food Show | INTERMEDIATE Scorecard

Contestant Name: _____ County: _____

Age Division: _____ Entry Category: _____

Recipe Title: _____

I. INTERVIEW

Theme: • How does the theme fit with the dish?		(5)	
Knowledge of MyPlate: • Food group(s) represented in dish. • Serving amount needed from each group daily for age. • How did MyPlate guide choice of dish? • How does this dish reflect MyPlate?		(10)	
Nutrition Knowledge: • Key nutrients of dish and function of those nutrients		(10)	
Food Preparation: • Preparation key principles and function of key ingredients • Healthy substitutions		(10)	
Food Safety Concerns & Practices: • Knows food safety concerns in preparation and storage of dish • Follows FightBAC principles		(10)	
4-H Food & Nutrition Project Activities		(10)	
Additional Judge's Questions		(15)	

II. FOOD PRESENTATION/QUALITY

• Appearance of food (texture, uniformity) • Garnishing		(5)	
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III. EFFECTIVENESS OF COMMUNICATION

• Voice, poise, personal appearance		(5)	
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TOTAL INTERVIEW SCORE

Additional Comments		Total Interview Points	Possible (80)
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IV. SHOWCASES

Skill Showcase: • Proper demonstration of assigned skill.	Not applicable for INTERMEDIATES	(0)	
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V. KNOWLEDGE SHOWCASE

Knowledge Showcase: • Demonstration of knowledge. (written quiz)		(10)	
		Total of Interview & Skills Points	Possible (90)

District 12 4-H Food Show | SENIOR Scorecard

Contestant Name: _____ County: _____

Age Division: _____ Entry Category: _____

Recipe Title: _____

I. PRESENTATION			
Theme: <ul style="list-style-type: none"> • How does the theme fit with the dish? 		(5)	
Knowledge of MyPlate: <ul style="list-style-type: none"> • Food group(s) represented in dish. • Serving amount needed from each group daily for age. • How did MyPlate guide choice of dish? • How does this dish reflect MyPlate? 		(10)	
Nutrition Knowledge: <ul style="list-style-type: none"> • Key nutrients of dish and function of those nutrients 		(10)	
Food Preparation: <ul style="list-style-type: none"> • Preparation key principles and function of key ingredients • Healthy substitutions 		(10)	
Food Safety Concerns & Practices: <ul style="list-style-type: none"> • Knows food safety concerns in preparation and storage of dish • Follows FightBAC principles 		(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"> • Appearance of food (texture, uniformity) • Garnishing 		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
<ul style="list-style-type: none"> • Voice, poise, personal appearance 		(5)	
V. SKILL SHOWCASE			
Skill Showcase: <ul style="list-style-type: none"> • Proper demonstration of assigned skill. 		(10)	
VI. KNOWLEDGE SHOWCASE			
Knowledge Showcase: <ul style="list-style-type: none"> • Demonstration of knowledge. (written quiz) 		(10)	
Additional Comments:			
		Total Points	Possible (100)