

**2017 District 9 4-H Food Show Entry Form**  
**Submit to County Extension Office**  
**Deadline: April 17, 2017**

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

E-mail Address: \_\_\_\_\_

Age Division:    \_\_\_\_\_ Junior    \_\_\_\_\_ Intermediate    \_\_\_\_\_ Senior

Category:        \_\_\_\_\_ Protein    \_\_\_\_\_ Grains    \_\_\_\_\_ Dairy    \_\_\_\_\_ Fruit & Vegetable

*Please summarize your Food & Nutrition Project Experiences  
(250 words or less; no less than 11 point font)*

Recipe (If needed attach 1 sheet only)

# 2017 District 9 4-H Food Show SCORECARD

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

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

Age Division:      \_\_\_\_\_ Junior      \_\_\_\_\_ Intermediate      \_\_\_\_\_ Senior

Category:              \_\_\_\_\_ Protein      \_\_\_\_\_ Grains      \_\_\_\_\_ Dairy      \_\_\_\_\_ Fruit & Vegetable

|   | Rating      |      |      |                   | Comments | Points |
|---|-------------|------|------|-------------------|----------|--------|
|   | Outstanding | Good | Fair | Needs Improvement |          |        |
| <b>I. PRESENTATION</b>  |             |      |      |                   |          |        |
| <b>How the dish fits the theme</b>  | 5-4         | 3    | 2    | 1                 |          |        |
| <b>Knowledge of MyPlate:</b><br>Food group of individual ingredients; Serving amount needed from each group daily; Food group that dish falls into; Knowledge of personal healthy lifestyle choices based on dietary guidelines | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>Nutrient Knowledge:</b><br>Knows what this dish contributes to the diet  | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>Food Preparation:</b><br>Knows the key steps in preparation of dish and function of ingredients  | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>Food Safety Concerns &amp; Practices:</b><br>Knows food safety concerns in preparation and storage of dish   | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>II. THE INTERVIEW (category specific questions)</b>  |             |      |      |                   |          |        |
| <b>Knowledge of MyPlate</b>   | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>Nutrient Knowledge</b>   | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>Food Preparation</b>   | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>Food Safety Concerns &amp; Practices</b>   | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>4-H Food &amp; Nutrition Project Activities</b>  | 10-8        | 7-6  | 5-3  | 2-1               |          |        |
| <b>III. FOOD EVALUATION</b>   |             |      |      |                   |          |        |
| <b>Food Presentation/Quality</b><br>Appearance of food (texture, uniformity); garnishing  | 5-4         | 3    | 2    | 1                 |          |        |
| <b>IV. EFFECTIVENESS OF COMMUNICATION</b>   |             |      |      |                   |          |        |
| <b>Voice, poise, personal appearance</b>  | 5-4         | 3    | 2    | 1                 |          |        |
| <b>V. PAPERWORK</b>   |             |      |      |                   |          |        |
| <b>Summary of Project Experiences</b>   | 5-4         | 3    | 2    | 1                 |          |        |
| <b>Total Points</b>   |             |      |      |                   |          |        |
| <b>Additional Comments</b>  |             |      |      |                   |          |        |