## I. PRESENTATION

### Theme:
- Is theme represented in this entry? (5)

### Knowledge of MyPlate:
- Food group of individual ingredients
- Serving amount needed from each group daily
- Food group that dish falls into
- Knowledge of personal healthy lifestyles choices based on dietary guidelines (10)

### Nutrition Knowledge:
- Contestant understands what this dish contributes to the diet (10)

### Food Preparation:
- Knows the key steps in preparation of food and function of ingredients (10)

### Food Safety Concerns & Practices:
- Knows food safety concerns in preparation and storage of dish (10)

## II. INTERVIEW (category specific)

### Judge's Questions
(15)

### 4-H Food & Nutrition Project Activities
(5)

## III. FOOD EVALUATION

### Food Presentation/Quality:
- Appearance of food (texture, uniformity)
- Garnishing (5)

## IV. EFFECTIVENESS OF COMMUNICATION

### Voice, poise, personal appearance
(5)

### Additional Comments:

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<th>Comments</th>
<th>Points</th>
<th>Score</th>
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### Total Points | Possible (75) |
|-----------------|---------------|

### Additional Deductions

### Final Score

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Contestant Name: ____________________________  County: __________

Entry Category:  ___ Main Dish  ___ Fruit/Veggie  ___ Bread/Cereal  ___ Nutritious Snack

Age Division:  ___ Junior  ___ Intermediate  ___ Senior

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Revised: July 2019