

WALKER COUNTY 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:					COUNTY:	WALKER	
CATEGORY <i>Please check one</i>	Appetizer	Main Dish	Side Dish	Healthy Dessert			
NAME OF RECIPE:							
PREP TIME:		COOK TIME:		COST:			

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Walker County 4-H Food Show Presentation Scorecard

Contestant Information Label will be placed on
Scorecard by Contest Official

	Comments	Maximum Points	Score
I. PRESENTATION			
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 & function of those nutrients		(10)	
Food Preparation: • Preparation key principles & function of key ingredients • Healthy substitutions		(10)	
Food Safety Concerns & Practices: • Knows food safety concerns in preparation & storage of dish • Follows FightBAC principles		(10)	
II. INTERVIEW <i>(category specific)</i>			
Judge's Questions		(15)	
4-H Food & Nutrition Project Activities		(10)	
III. FOOD PRESENTATION/QUALITY			
• Appearance of food (texture, uniformity) • Garnishing		(5)	
IV. EFFECTIVENESS OF COMMUNICATION			
• Voice, poise, personal appearance		(5)	
V. SKILL SHOWCASE SCORE			
• Proper demonstration of assigned skill.		(10)	
Additional Comments:		Total Points	Possible (90)
			Judge's Initials