## Favorite Foods Resources

**Clarissa Sents** 

## FAVORITE FOOD SHOW SCORE CARD

Name:	
County/District:	Age:
Theme:	

The 4-H'er should be prepared to tell the judge how to prepare, serve the food, why they selected the table service and dishes, and why the centerpiece is appropriate. The 4-H'er should also be prepared to discuss some of the menu's nutritional value with the judge.

	Points Possible	Points Received	Comments
I. THE EXHIBITOR 30 POINTS		-	
Appropriate dress	5		
Originality	5		
Interview- eye contact, clarity, volume of voice. Demonstrates understanding of table setting techniques and the menu, food preparation and food safety	20		
II. THE FOOD 30 POINTS		•	
Can discuss Nutritional Value & Healthy Portions	10		
Understands preparation of the food item	5		
Appearance of food including portion size	5		
Food safety knowledge	10		
III. MENU WITH FAVORITE FOOD 20 POINTS		•	
Appropriate food choices	5		
Understanding of meal preparation time management	5		
Knowledge and experience with this menu	5		
Balanced in color and texture	5	5.5	
IV. TABLE SETTING WITH FAVORITE FOOD 20 POINTS	-		
Appropriate for menu	5		
Menu and recipe are clear and legible	5		
Attractive-color scheme, dishes, food, placemats, linen, etc.	5		
Appropriate centerpiece	5		
TOTAL	100 points		



Circle Placing (circle one):

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Understands preparation of the food item	5	
Appearance of food including portion size	5	
Food safety knowledge	10	





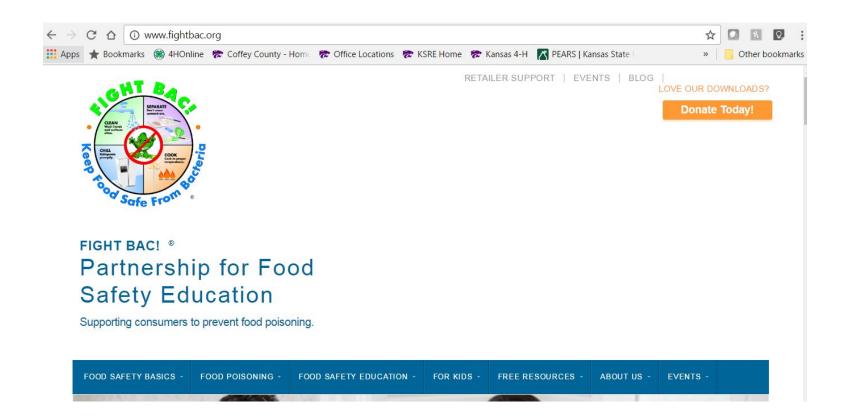


## SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

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EGETABLES AND FRUIT
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1 baked potato = fist
ed. fruit = baseball up of fresh fruit baseball
% cup of raisins = large egg
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Can discuss Nutritional Value & Healthy Portions	10	
Understands preparation of the food item	5	
Appearance of food including portion size	5	
Food safety knowledge	10	



## activity TIME

