

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.

BIG PICTURE

	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		
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):

	Points Possible	Points Received
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	

BE CONFIDENT!



Food preparation and food safety

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	

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What foods, flavors, and recipes is your...



SERVING SIZE CARD:

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

<p>1 Serving Looks Like ...</p> <p>GRAIN PRODUCTS </p> <p>1 cup of cereal flakes = fist</p> <p>1 pancake = compact disc </p> <p>$\frac{1}{2}$ cup of cooked rice, pasta, or potato = $\frac{1}{2}$ baseball </p> <p> 1 slice of bread = cassette tape</p> <p>1 piece of cornbread = bar of soap </p>	<p>1 Serving Looks Like ...</p> <p>VEGETABLES AND FRUIT</p> <p>1 cup of salad greens = baseball </p> <p> 1 baked potato = fist</p> <p>1 med. fruit = baseball</p> <p>$\frac{1}{2}$ cup of fresh fruit = $\frac{1}{2}$ baseball </p> <p> $\frac{1}{2}$ cup of raisins = large egg</p>
<p>1 Serving Looks Like ...</p> <p>DAIRY AND CHEESE</p> <p> $1\frac{1}{2}$ oz. cheese = 4 stacked dice or 2 cheese slices</p> <p>$\frac{1}{2}$ cup of ice cream = $\frac{1}{2}$ baseball </p> <p>FATS</p> <p>1 tsp. margarine or spreads = 1 dice</p>	<p>1 Serving Looks Like ...</p> <p>MEAT AND ALTERNATIVES</p> <p>3 oz. meat, fish, and poultry = deck of cards </p> <p>3 oz. grilled/baked fish = checkbook </p> <p> 2 Tbsp. peanut butter = ping pong ball</p>

Food preparation and food safety

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Food safety knowledge	10		

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Supporting consumers to prevent food poisoning.

A solid red square is centered on a white background. Inside the square, the words "activity" and "TIME" are written in white. "activity" is in a cursive font, and "TIME" is in a bold, uppercase sans-serif font.

activity
TIME

