

DISTRICT IV 4-H FOOD SHOW

JUDGES' QUESTIONS

Note: These questions are to be used simply as a guideline for all age groups. The judges are not required to stick to this set of question nor will participants necessarily be asked any of the listed questions. It is best for the 4-Hers to know the steps necessary to prepare their dishes, the nutrient content of their dish and possible recipe substitutions. Participants will also be expected to know all information listed on their Food Show paperwork.

Junior Questions:

1. What are the food groups included in "MyPlate"? How many servings do you need from each food group in MyPlate?
2. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
3. What are the preparation steps in your recipe and why are they important?
4. What changes have you made in your diet as a result of what you have learned in your foods and nutrition project?
5. What are some of the things you learned (or did) in your foods and nutrition project?

Intermediate Questions:

Questions 1 – 5 above plus:

6. Give one example of a food from each MyPlate group and a key nutrient found in that food group.
7. Other than MyPlate, what should you consider when planning a meal?
8. What was the one thing you learned in your foods and nutrition project that you thought was most important?

Suggestions for Senior Participants:

Questions 1-8 above plus:

9. What preparation principle(s) did you use or what critical step(s) did you take in preparing your dish?
10. What are the functions of the various ingredients in your dish?
11. What ingredient substitutions did you make, if any? What substitutions could you have made?
12. Explain the nutrients and nutrient functions as they relate to the food groups and your dish.
13. What is the relationship of your dish to the Dietary Guidelines?
14. What is the approximate calorie content for a serving of your dish?
15. Explain your food safety concerns during the purchasing, preparing, serving and storing of the entry dish.
16. What menu ideas would complement your dish?