

JUDGES' QUESTIONS

District 5 4-H Food Show

Junior and Intermediate contestants sample questions during competition:

1. Tell me how many years you have been in the 4-H Foods Project.
2. Tell me something you learned from this project.
3. Briefly tell me how you prepared your dish.
4. Could you make any substitutions for any ingredient in your recipe?
5. What is the key nutrient in the dish you prepared? Why is it important?
6. Name the food groups found on the MyPlate. Which food group does your dish belong in?
7. How many calories are in one serving of your dish?
8. If you prepared your dish to take to someone's house, what steps would you take to transport the dish and serve it properly?
9. Tell me one thing you have done to improve your eating habits. .
10. Is there anything else you would like to tell us about your Food and Nutrition project?
11. Tell me about any leadership opportunities that you took advantage of in this year's foods project.
12. Tell me about your community service activities related to the food project.

