Recommended Presentation Ideas & Interview Questions

Cooke County 4-H Food Show

Intermediate Division

1. Why did you choose this recipe?
   Example - nutrition, texture, taste, temperature, color, flavor, appearance, etc.

2. How did you make your dish? What new methods of food preparation did you learn in your project this year? (Methods of food preparation are skills used in cooking and/or knowledge needed to successfully prepare a recipe. Example: kneading bread is a skill; why it is necessary to knead the bread is the knowledge.)

3. Tell us about your recipe. What are the purposes of the major ingredients? (An ingredient is a food, spice, etc.)

4. Discuss MyPlate & the Dietary Guidelines for Americans 2010 Executive Summary.

5. What are the main nutrients of your dish/recipe? How do these main nutrients function in the body? (Nutrients are one of the following: carbohydrates, fats, mineral, proteins, and vitamins.)

6. What in the number of servings in you dish/recipe? What is the cost per serving? How much of your recipe is considered a serving?

7. What leadership and community service activities did you participate in this year.