1. What are the parts of MyPlate? Where does your dish fit in MyPlate?

2. What are the two main nutrients in your dish? What do they do for your body to keep it healthy?

3. Tell us something new that you learned in preparing your dish.

4. Tell us a food safety techniques that you took in preparing your dish.

5. Tell us something new that you learned in your foods and nutrition project this year.
2011 DISTRICT 7 4-H FOOD SHOW
INTERMEDIATE SAMPLE QUESTIONS

1. What are the parts of MyPlate? Where does your dish fit in MyPlate?

1. Tell us about the main nutrients in your dish.

2. Tell us something new that you learned in preparing your dish. What was the most difficult step in preparing your dish?

3. Tell us a food safety step that you took in preparing your dish. How would you safely store leftovers of your dish.

4. Tell us something new that you learned in your foods and nutrition project this year.