**Senior Food Show Example Questions:**

1. Tell us about your 4-H Project experiences relating to the Foods & Nutrition project
2. How do you incorporate the principles you have learned from MyPlate into your own personal nutrition?
3. How does nutrition relate to chronic disease prevention?
4. What was the most challenging part of creating your dish?
5. Did you have a budget for your dish?
6. What is the approximate cost per serving?