

You're the Chef Level C Year 2 Record Sheet

4-H-1034b-W New 2015

- Describe what you learned about selecting healthy food. _____

- Describe what you learned about food additives. _____

- What are some things you learned about careers in the food industry? _____

- Did you give an interactive demonstration? No Yes Title _____
- List the foods you prepared or preserved this year, and how many times you prepared or preserved them.

Food Prepared	Number of Times

Food Preserved	Number of Times

- Write the number of times you did these other things:

Activity	Number of Times
Collected recipes	
Helped serve family meals	
Planned and cooked entire meals	
Shopped for groceries	
Taught a sister, brother, or someone younger to cook	
Helped younger 4-H members with activities in the Foods manual	

I have reviewed this record and made comments about the individual's progress and project completion.

Signature of Project Helper _____ Date _____