

# Foodworks Level D Year 3 Record Sheet

4-H-1035c-W New 2015

- List three things you learned in this project. \_\_\_\_\_  
\_\_\_\_\_
- Did you give an interactive demonstration?  No  Yes Title \_\_\_\_\_  
\_\_\_\_\_
- As a result of the activities you completed this year, what will you do differently? \_\_\_\_\_  
\_\_\_\_\_
- 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	
Bought food in quantity and divided into smaller portions	

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

Signature of Project Helper \_\_\_\_\_ Date \_\_\_\_\_