

4-H Food & Nutrition Project: My Culinary Journey

Name: _____ Grade: _____ Club: _____

Name of Your Dish: _____

Category: ☐ Appetizer ☐ Salad/Vegetable ☐ Main Dish ☐ Dessert

Step 1: Finding the Spark

Where did you find the recipe for this dish?

(For example: a cookbook, a website, or a family favorite passed down to you)

Step 2: Taking Inventory

What ingredients did you already have at home, and what did you need to add to your grocery list?

• In my pantry/fridge: _____

• On my shopping list: _____

Step 3: The Grocery Trip

Who went on the grocery trip with you? Did you learn anything new at the store?

(Think about comparing prices, reading nutrition labels, or finding a new ingredient!)

Step 4: Setting the Stage

How did you lay out and organize your workspace before you started cooking?

(Why is keeping your counter neat and clean important?)

Step 5: Measuring & Prepping

What kitchen tools and techniques did you use to prepare your ingredients?

(Did you do any chopping, peeling, measuring, or sautéing?)

Step 6: The Final Creation

How did your dish cook (did you bake it, refrigerate it to set, etc.)? Once it was done, how did you present or garnish it to make it look exciting for your guests?

(For example: adding a pinch of fresh herbs or serving it in a creative way)

Step 7: Developing Your Culinary Skills

What NEW cooking skill did you learn while making this dish? What EXISTING skill did you practice and improve on?

(For example: a new knife cut, cracking an egg, using a stove safely, or practicing patience while baking)

Step 8: Chef's Reflection

What did you like MOST about this recipe? What did you like LEAST (or find most challenging)?

(Think about the taste, the steps to make it, or cleanup!)

Step 9: Planning a Menu Around Your Dish

Before building your menu, think about the special meal or occasion you planned this for!

Check the boxes that apply and fill in the blanks:

What meal did you choose? ☐ Breakfast ☐ Lunch ☐ Dinner

What special occasion did you pick it for? (For example: a holiday celebration, to make someone smile, or a family dinner?)

USDA MyPlate Quick Guide

- **Vegetables:** 30% of your plate
- **Grains:** 30% of your plate
- **Fruits:** 20% of your plate
- **Protein:** 20% of your plate
- **Dairy:** 1 serving on the side

Now, design a complete, healthy meal menu styled around your dish!

Make sure to include your prepared dish somewhere on this menu (it can be your main course, an appetizer, a side, or even a dessert). Fill in each menu course below, and ask yourself which MyPlate component or components it fulfills. (Note: A single course component may fulfill multiple MyPlate food group requirements. Under that column, be sure to list whichever component or components apply! Options: Fruits, Vegetables, Grains, Protein, Dairy, or N/A)

Course Component	Your Menu Item	What MyPlate Component(s) Does This Fulfill?	Req. Met? [Y/N]
Appetizer			
Salad			
Main Dish			
Vegetable			
Grain			
Dessert			
Beverage			

Meal Reflection: Did your complete menu fulfill all the key MyPlate food group requirements? If not, what is one healthy change you could make next time?

Member Signature: Date: