

BOONE COUNTY 4-H CLUB RECORD SHEET FOOD PREPARATION

Name: _____ Name of Club: _____ Grade: _____
Division (circle): Beginner Intermediate Advanced
Category (circle): Main Dish Vegetable Dish (includes salads) Dessert

Recipe for Exhibit:

Name of Dish:

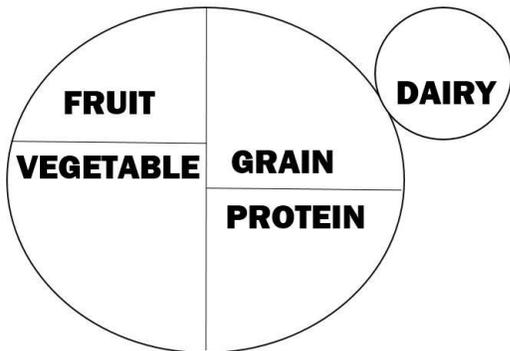
Ingredients:

Instructions:

Menu: *Create a menu that would go with the item you are preparing for your exhibit. List the components of your meal below, and complete the Food Plate to reflect the balance of your meal plan. For practice, you should consider preparing your menu as one of the meals you fix for your family.*

Meal Components:

Food Plate:



Meal Journal:

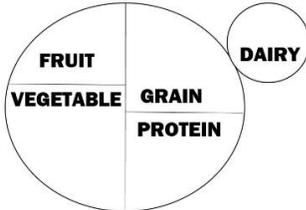
Beginner: Grades 3 - 5 are to plan, prepare, and serve your family three meals.

Intermediate: Grades 6-8 - Plan, prepare, and serve your family six meals.

Advanced: Grades 9 - 12 - Plan, prepare, and serve your family nine meals.

Meal 1: What dishes did you prepare? (Ex. Pork Roast, Rice Pilaf, Glazed Carrots, Berries with Yogurt)

Complete the food plate below to show the nutritional considerations you made in your meal plan:

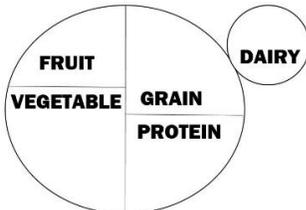


How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

Meal 2: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:

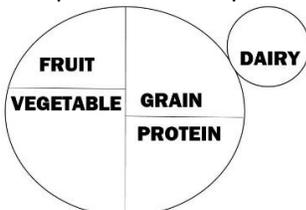


How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

Meal 3: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:



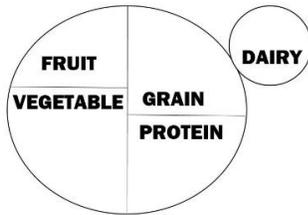
How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

(Intermediate and Advanced Only)

Meal 4: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:



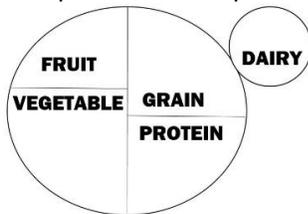
How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

(Intermediate and Advanced Only)

Meal 5: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:



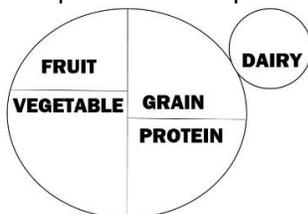
How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

(Intermediate and Advanced Only)

Meal 6: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:



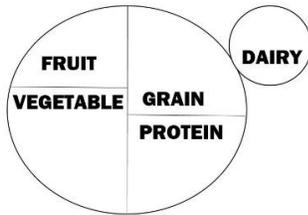
How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

(Advanced Only)

Meal 7: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:



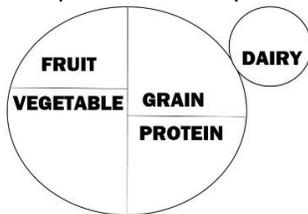
How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

(Advanced Only)

Meal 8: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:



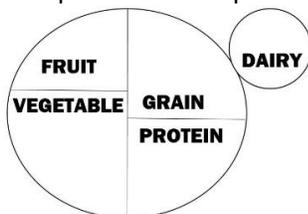
How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____

(Advanced Only)

Meal 9: What dishes did you prepare? _____

Complete the food plate below to show the nutritional considerations you made in your meal plan:



How did you take budget into consideration as you prepared this meal? _____

What dietary concerns did you take into consideration as you planned this meal? _____