

# BOONE COUNTY 4-H CLUB RECORD SHEET

## FOOD PREPARATION

Name \_\_\_\_\_ Age \_\_\_\_\_ Year \_\_\_\_\_

Name of Club \_\_\_\_\_ Number of Years in 4-H \_\_\_\_\_

Number of Years in Food Preparation Project \_\_\_\_\_

Signature of leader \_\_\_\_\_ Date \_\_\_\_\_

List three new things you learned in this project: (i.e., how to make creamed sauce)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Did you give a demonstration (or talk) on this project? \_\_\_\_\_

Title of demonstration or talk \_\_\_\_\_

Did you do judging in your foods project? \_\_\_\_\_ Where? \_\_\_\_\_

Total Number of food items (dishes) prepared (from reverse side) \_\_\_\_\_

How many meals did you help plan, prepare and/or serve? \_\_\_\_\_

List two new dishes you learned to prepare:

1. \_\_\_\_\_ 2. \_\_\_\_\_

List two favorite meal menus you helped plan, prepare, and serve:

1. Appetizers \_\_\_\_\_ 2. Appetizers \_\_\_\_\_

Main Dish \_\_\_\_\_ Main Dish \_\_\_\_\_

Vegetables \_\_\_\_\_ Vegetables \_\_\_\_\_

Salad \_\_\_\_\_ Salad \_\_\_\_\_

Bread and Butter \_\_\_\_\_ Bread and Butter \_\_\_\_\_

Dessert \_\_\_\_\_ Dessert \_\_\_\_\_

Beverage \_\_\_\_\_ Beverage \_\_\_\_\_

**FOODS PREPARED AND SERVED**

FOOD	TIMES PREPARED	FOOD	TIMES PREPARED
Appetizers and Snacks:		Main Course:	
<u>Ex. Swiss &amp; Frank Spirals IIII I</u>	(__)	_____	
_____	(__)	_____	
_____	(__)	_____	
_____	(__)	_____	
_____	(__)	_____	(__)
_____	(__)	_____	(__)
_____	(__)	_____	

TOTAL

TOTAL

Salads:

Desserts:

_____	(__)	_____	( )
_____	( )	_____	(__)
_____	(__)	_____	(__)
_____	(__)	_____	(__)
_____	(__)	_____	(__)
_____	(__)	_____	(__)
_____	(__)	_____	(__)

TOTAL

TOTAL

Vegetable Dishes:

Other: (Beverages, breads, etc.)

_____	(__)	_____
_____	( )	_____
_____	(__)	_____
_____	(__)	_____
_____	(__)	_____
_____	(__)	_____
_____	(__)	_____