

4-H Food Preparation Recipe Card

Name:

4-H Club:

Level in 4-H (check)

BEG (3-5)

INT (6-8)

ADV (9-12)

Category Exhibiting (check)

Appetizer

Salads/Vegetables

Main Dish

Dessert

RECIPE

Prep Time:

Cook Time:

Recipe Serves:

KITCHEN EQUIPMENT

INGREDIENTS

DIRECTIONS

Dietary restrictions, severe allergies, or religious/cultural food restrictions?

Notes (optional)