

PLAN, PREPARE AND SERVE THE FAMILY MEALS:

- 3 days – Clovers (grades 3-5)
- 1 week – Juniors (grades 6-8)
- 2 weeks – Seniors (grades 9-12)



List below your menus and estimated food costs per meal, per person – (attach separate sheets if you need more space).

Day	Breakfast	Est. Cost	Lunch	Est. Cost	Dinner	Est. Cost
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

4-H FOOD PREPARATION RECORD SHEET

Name _____ Grade _____ Year 20 _____

Name of 4-H Club _____ Year in 4-H _____

I have reviewed this record and have made suggestions about progress and project completion.

Signature of Leader _____ Date _____

Fill out this record sheet (front and back) as you do things.

FOOD	AMOUNT PREPARED	FOOD	AMOUNT PREPARED
<i>Meat, Fish, Egg or Cheese Dishes</i>		<i>Salads</i>	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Total	_____	Total	_____

FOOD	AMOUNT PREPARED	FOOD	AMOUNT PREPARED
<i>Vegetables</i>		<i>Desserts</i>	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Total	_____	Total	_____

FOOD	AMOUNT PREPARED	FOOD	AMOUNT PREPARED
<i>Yeast Rolls, Quick Breads, etc.</i>		<i>Other Foods (snacks, receptions—include plans)</i>	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Total	_____	Total	_____

Did you give a demonstration or talk on this project? _____

Title or topic of demonstration or talk: _____

List 2 new dishes you learned to prepare:

1) _____

2) _____

List 3 new things you learned in this project:

1) _____

2) _____

3) _____

Judges may use a check list this when they look at your exhibit.

Check list for Food Preparation

	Excellent	Good	Needs to be improved
Outside Characteristics: Color Size Eye-appealing			
Inside Characteristics: Tenderness Crispness Moist			
Flavor: Well blended ingredients No off-flavors			
Menu: Nutrition Balance Variety of texture Variety of color			

Comments: _____
