

# JASPER COUNTY 4-H CLUB RECORD SHEET

## MICROWAVE COOKING

Name \_\_\_\_\_ Age \_\_\_\_\_ Year \_\_\_\_\_  
Name of Club \_\_\_\_\_ Number of years in 4-H \_\_\_\_\_  
Number of years in Microwave Cooking Project \_\_\_\_\_

List three new things you learned in this project:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Did you give a demonstration or talk in this project? \_\_\_\_\_

Title of demonstration or Talk? \_\_\_\_\_

Total number of food items (dishes) prepared \_\_\_\_\_

Number of meals you helped 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 & Butter _____ | Bread & Butter _____ |
| Dessert _____        | Dessert _____        |
| Beverage _____       | Beverage _____       |

**Food** **Times Prepared**  
**Appetizers, Snacks, Candies:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
TOTAL	_____

**Food** **Times Prepared**  
**Main Dishes**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
TOTAL	_____

**Salads**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
TOTAL	_____

**Desserts**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
TOTAL	_____

**Vegetables**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
TOTAL	_____

**Other**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
TOTAL	_____

Grand Total Number of Food Items Prepared \_\_\_\_\_

(You may add pages to list additional foods prepared.)