

You're the Chef Level C Year 3 Record Sheet

4-H-1034c-W New 2015

1. What did you learn about evaluating nutrition information on the Internet or in the media (magazines, television, radio)? _____

2. Did you give an interactive demonstration? No Yes Title _____

3. As a result of the activities you completed this year, what will you do differently? _____

4. List the foods you prepared or preserved this year, and how many times you prepared or preserved them.

Food Prepared	Number of Times

Food Preserved	Number of Times

5. Write the number of times you did these other things:

Activity	Number of Times
Collected recipes	
Helped serve family meals	
Planned and cooked entire meals	
Shopped for groceries	
Taught a sister, brother, or someone younger to cook	
Helped younger 4-H members with activities in the Foods manual	
Bought food in quantity and divided into smaller portions	

I have reviewed this record and made comments about the individual's progress and project completion.

Signature of Project Helper _____ Date _____