

Foodworks Level D Year 1 Record Sheet

4-H-1035a-W New 2015

1. List three new things you learned in this project. _____

2. What was the most surprising thing you learned about yourself while completing this project?

3. Did you give an interactive demonstration? No Yes Title _____
4. What did you learn about meal management in this project? _____

5. 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 |
|----------------|-----------------|
| | |
| | |
| | |
| | |

6. 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 | |

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

Signature of Project Helper _____ Date _____