

Completed (40 possible) \_\_\_\_\_  
 Accuracy of answers (30 possible) \_\_\_\_\_  
 Appropriate grammar (15 possible) \_\_\_\_\_  
 Neatness of record (15 possible) \_\_\_\_\_  
 Total \_\_\_\_\_

A = 86-100 points  
 B = 71-85 points  
 C = 70 points or less



# 4-H Foods, Alternative Cooking Level 1 (Grades 3-5) Record Sheet

Record for Year \_\_\_\_\_

A completed record sheet is due by the last business day of May to exhibit each project at the fair.  
 Use any 4-H publications, the internet, the library, or a professional to help you prepare your responses.

## The Basics

Name \_\_\_\_\_ 4-H Club \_\_\_\_\_

Years in 4-H \_\_\_\_\_ Grade \_\_\_\_\_ Years in Project \_\_\_\_\_

## Fantastic Foods

What does it mean to cook alternatively? \_\_\_\_\_  
 \_\_\_\_\_

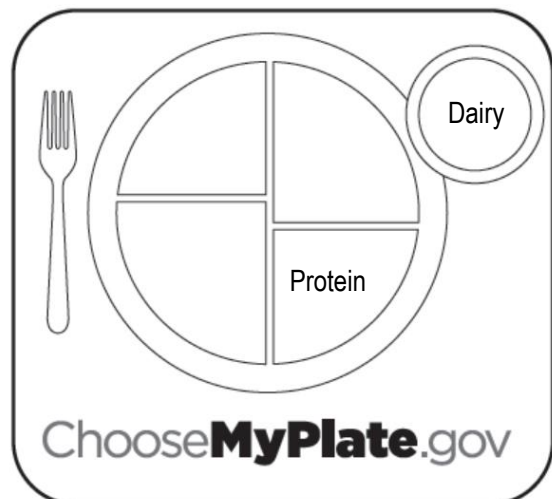
What kitchen appliances might be associated with alternative cooking? \_\_\_\_\_  
 \_\_\_\_\_

List the five foods you prepared using an alternative cooking method this year and the number of times you prepared them.

Food Prepared/Preserved	Number of Times

## Tasty Tidbits

Fill in the three missing parts of the MyPlate diagram.



Write the number of times you did the activities listed below.

Activity	Number of Times
Set the table	
Cleaned the kitchen	
Collected recipes	
Helped serve family meals	
Helped with grocery shopping	
Put away groceries	

### **You're the Chef**

Where did you or will you purchase or acquire the ingredients needed for your exhibit? \_\_\_\_\_

We do not necessarily care what you spent on your exhibit this year, but it is good for you to understand that things have a cost. Even poster boards are not free. Approximately how much do you think you spent or will spend on your exhibit this year? Circle one.

\$0.00-\$5.00    \$5.00-\$15.00    \$15.00-\$30.00    \$30.00-\$50.00    Greater than \$50.00

What tools or appliances were necessary or will be necessary to complete your foods exhibit this year?

\_\_\_\_\_

What was the hardest thing or do you foresee as being the hardest thing about creating your exhibit this year?

\_\_\_\_\_

What did you like best or think you will like best about creating your exhibit? \_\_\_\_\_

\_\_\_\_\_

### **Share the Surplus**

Why is this subject matter important to you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is one thing you learned or sparked your interest as a result of completing this project? \_\_\_\_\_

\_\_\_\_\_