

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 2 (Grades 6-8) 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 methods of alternative cooking have you used? _____

Check the cooking methods below that you consider to be "alternative cooking."

- | | |
|--|---|
| <input type="checkbox"/> Stovetop/Range | <input type="checkbox"/> Microwave |
| <input type="checkbox"/> Instant Pot/Pressure Cooker | <input type="checkbox"/> Conventional Oven |
| <input type="checkbox"/> Air Fryer | <input type="checkbox"/> Outdoor Fire |
| <input type="checkbox"/> Charcoal Grill | <input type="checkbox"/> Crockpot/Slow Cooker |

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

Look through your kitchen to discover the quantities of each item listed below and their equivalents.

- 16 oz shredded cheese = _____ cup(s) of shredded cheese
- 2 sticks of butter = _____ cup(s) of butter
- 1 pound of chicken = _____ oz of chicken
- _____ teaspoons = 1 Tablespoon

Tasty Tidbits

What are three advantages of using a crockpot or slow cooker?

1. _____
2. _____
3. _____

What safety precautions should you consider when working with an instant pot or pressure cooker?

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	
Planned and cooked an entire meal	
Helped with grocery shopping	

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 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? _____
