

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 3 (Grades 9-12) 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 is the difference between a pressure cooker and a pressure canner? \_\_\_\_\_  
 \_\_\_\_\_

Have you ever cooked over an open fire? If so, how was it different than conventional cooking? \_\_\_\_\_  
 \_\_\_\_\_

What is an air fryer, and how does it work? \_\_\_\_\_  
 \_\_\_\_\_

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

What temperature should a refrigerator be in order to maintain food safety? \_\_\_\_\_

What should you do with your refrigerator in the event that you lose power? \_\_\_\_\_

Salmonella is a common bacterium that may be on some raw foods. Poultry should be cooked to what internal temperature to prevent Salmonella? \_\_\_\_\_

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	
Taught a sister, brother, or someone younger to cook	
Bought food in quantity and divided it into smaller portions	

### **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 do you think alternative cooking methods are so popular today?  
\_\_\_\_\_  
\_\_\_\_\_

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?  
\_\_\_\_\_