

Fantastic Foods Level A Year 1 Record Sheet

4-H-1032a-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. 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
Set table	
Cleaned up kitchen	
Collected recipes	
Helped serve family meals	
Shopped for groceries	
Put away groceries	

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

Signature of Project Helper _____ Date _____

Fantastic Foods Level A Year 2 Record Sheet

4-H-1032b-W New 2015

1. What did you learn about food safety from this project? _____

2. What are some things to keep in mind when you go to the grocery store to buy food?

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

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
Set table	
Cleaned up kitchen	
Collected recipes	
Helped serve family meals	
Shopped for groceries	
Put away groceries	

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

Signature of Project Helper _____ Date _____

Tasty Tidbits Level B Year 1 Record Sheet

4-H-1033a-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. How did you help your family with their meals while doing 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
Set table with centerpiece	
Cleaned up kitchen	
Collected recipes	
Helped serve family meals	
Planned and cooked entire meal	
Shopped for groceries	

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

Signature of Project Helper _____ Date _____

Tasty Tidbits Level B Year 2 Record Sheet

4-H-1033b-W New 2015

1. What three new skills did you develop in this project? _____

2. What did you learn about buying food? _____

3. What are some things you learned about careers in the food industry? _____

4. Did you give an interactive demonstration? No Yes Title _____
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
Set table with centerpiece	
Cleaned up kitchen	
Collected recipes	
Helped serve family meals	
Planned and cooked entire meal	
Shopped for groceries	

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

Signature of Project Helper _____ Date _____

You're the Chef Level C Year 1 Record Sheet

4-H-1034a-W New 2015

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

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

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

- 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

- 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 _____

You're the Chef Level C Year 2 Record Sheet

4-H-1034b-W New 2015

- Describe what you learned about selecting healthy food. _____

- Describe what you learned about food additives. _____

- What are some things you learned about careers in the food industry? _____

- Did you give an interactive demonstration? No Yes Title _____
- 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

- 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	

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

Signature of Project Helper _____ Date _____

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 _____

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 _____

Foodworks Level D Year 2 Record Sheet

4-H-1035b-W New 2015

- Describe what you learned about selecting healthy food. _____

- Did you give an interactive demonstration? No Yes Title _____

- What are some things you learned about careers in the food industry? _____

- 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

- 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	

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

Signature of Project Helper _____ Date _____

Foodworks Level D Year 3 Record Sheet

4-H-1035c-W New 2015

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

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 _____