

Year 1 Record Sheet Foods Level D

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 action demonstration on your Foods project? _____ Yes _____ No

Name of Demonstration _____

4. What did you learn about meal management in this project?

5. List the foods you prepared this year and the number of times they were prepared.

| Food Prepared | Number of Times |
|---------------|-----------------|
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6. List the foods you preserved this year and the number of times they were preserved.

| Food Preserved | Number of Times |
|----------------|-----------------|
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7. Write in the number of times you did 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 _____

Year 2 Record Sheet Foods Level D

1. Describe what you learned about selecting healthy food.

2. Did you give an action demonstration on your Foods project? ____ Yes ____ No

Name of Demonstration _____

3. What did you learn about careers in the food industry?

4. List the foods you prepared this year and the number of times they were prepared.

| Food Prepared | Number of Times |
|---------------|-----------------|
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5. List the foods you preserved this year and the number of times they were preserved.

| Food Preserved | Number of Times |
|----------------|-----------------|
| | |
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| | |

6. Write in the number of times you did 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'ers with activities in their Foods manual | |

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

Signature of Project Helper _____ Date _____

Year 3 Record Sheet Foods Level D

1. List three things you learned in this project.

2. Did you give an action demonstration on your Foods project? Yes No

Name of Demonstration _____

3. As a result of the activities you completed this year, what will you do differently?

4. List the foods you prepared this year and the number of times they were prepared.

| Food Prepared | Number of Times |
|---------------|-----------------|
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5. List the foods you preserved this year and the number of times they were preserved.

| Food Preserved | Number of Times |
|----------------|-----------------|
| | |
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| | |

6. Write in the number of times you did 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'ers with activities in their Foods manual | |
| Bought quantity food 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 _____