

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 _____