

# Foodworks Level D Year 2 Record Sheet

4-H-1035b-W New 2015

1. Describe what you learned about selecting healthy food. \_\_\_\_\_  
\_\_\_\_\_
2. Did you give an interactive demonstration?  No  Yes Title \_\_\_\_\_  
\_\_\_\_\_
3. What are some things you learned about careers in the food industry? \_\_\_\_\_  
\_\_\_\_\_
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 |                 |

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

Signature of Project Helper \_\_\_\_\_ Date \_\_\_\_\_