

Year 1 Record Sheet - Foods Level C

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

6. List the foods you preserved this year and the number of times they were preserved.

Food Preserved	Number of Times

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 C

1. Describe what you learned about selecting healthy food.

2. Describe what you learned about food additives.

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

Name of Demonstration _____

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

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

Food Prepared	Number of Times

6. List the foods you preserved this year and the number of times they were preserved.

Food Preserved	Number of Times

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	
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 C

1. What did you learn about evaluating nutrition information in the media (magazines, television, radio)?

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

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

Food Preserved	Number of Times

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 _____