

You're the Chef Level C Grade 7-9 Project Manual Activity Checklist

Activities in your foods manual help you expand your knowledge about food preparation, safety, and healthy eating habits. You are required to complete a minimum of 3 different activities each year. Please complete this sheet and place it in the front of your manual and bring both to foods conference judging for fair.

Name: _____

Activity	Date Completed	Helper's Initials
Slow Them Down		
Spoilers or Helpers?		
Emulsions		
My Plate and the SuperTracker		
Fit is In!		
Get the Facts on Fads		
Lean On!		
Getting a Meal Together		
Knead Some Dough		
Breakfast Sticks for a Crowd		
Whole Meal Deal		
Do a Stir-fry		
Crazy Casseroles		
Slow, Moist, and Tender		
Don't Throw it Out		
A Five Pound Deal		
Intro to Canning		
Zesty Salsa		
Jiffy Jam		
Pucker Up Pickle Relish		
Food Photojournalism		
Food Stylist		
Recipe Developer		