

Foodworks Level D Grades 10-12 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 |
|------------------------------|----------------|-------------------|
| Infant and Toddler Nutrition | | |
| Cooking with Kids | | |
| Senior Nutrition | | |
| Planning Ahead | | |
| Divide in Two | | |
| Food Budgets | | |
| Food Insecurity | | |
| Oh, No- The Power's Out! | | |
| Turkey Safety | | |
| Marinade Madness | | |
| Meat Loaf Mania | | |
| Oven-baked Fish | | |
| Sizzling Chicken | | |
| Intro to Perfect Pies | | |
| All-American Apple Pie | | |
| Pressure Canning Green Beans | | |
| Jam Jamboree | | |
| Make Your Own Fruit Leather | | |
| Careers in Dietetics | | |
| Health-minded Catering | | |
| Plant Based Diets | | |