



# 4-H Foods – Level B (Grades 5-6)

## Record Sheet

Record for Year \_\_\_\_\_

A completed record sheet is due by the last business day of June to exhibit each project at the fair.  
Use any 4-H publications, the internet, the library, or a professional to help you prepare your responses.

### The Basics

Name \_\_\_\_\_ 4-H Club \_\_\_\_\_

Years in 4-H \_\_\_\_\_ Grade \_\_\_\_\_ Years in Project \_\_\_\_\_

### Fantastic Foods

List the five foods you prepared or preserved this year and the number of times you prepared them.

Food Prepared/Preserved	Number of Times

Look through your kitchen to discover the quantities of each item listed below and their equivalents.

- 1 gallon of milk = \_\_\_\_\_ oz of milk
- 2 sticks of butter = \_\_\_\_\_ cup of butter
- 1 pound of ground beef = \_\_\_\_\_ oz of ground beef
- \_\_\_\_\_ teaspoons = 1 Tablespoon

### Tasty Tidbits

Fill in the three missing parts of the MyPlate diagram.



Write the number of times you did the activities listed below.

Activity	Number of Times
Set the table	
Cleaned the kitchen	
Collected recipes	
Helped serve family meals	
Planned and cooked an entire meal	
Helped with grocery shopping	

How did you help your family with meals? \_\_\_\_\_

### **You're the Chef**

Where did you or will you purchase or acquire the ingredients needed for your exhibit? \_\_\_\_\_

We do not necessarily care what you spent on your exhibit this year, but it is good for you to understand that things have a cost. Even poster boards are not free. Approximately how much do you think you spent or will spend on your exhibit this year? Circle one.

\$0.00-\$5.00    \$5.00-\$15.00    \$15.00-\$30.00    \$30.00-\$50.00    Greater than \$50.00

What tools were necessary or will be necessary to complete your foods exhibit this year? \_\_\_\_\_

What was the hardest thing or do you foresee as being the hardest thing about creating your exhibit this year?

What did you like best or think you will like best about creating your exhibit? \_\_\_\_\_

### **Share the Surplus**

Why is this subject matter important to you? \_\_\_\_\_

What is one thing you learned or sparked your interest as a result of completing this project? \_\_\_\_\_