

# 4-H Foods – Level C (Grades 7-9)

## 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

Experiment with measuring cups and spoons to discover the quantities of each equivalents below.

- 1 Tablespoon = \_\_\_\_\_ teaspoons
- 4 Tablespoons = \_\_\_\_\_ cup
- 1 teaspoon + 5 Tablespoons = \_\_\_\_\_ cup

### Tasty Tidbits

Using the nutrition label on the right, fill in the blanks below.

- What is the serving size of this snack? \_\_\_\_\_
- If you consumed two servings on this snack, how many calories would you consume? \_\_\_\_\_
- The American Heart Association recommends consuming no more than one teaspoon of salt per day (approximately 2,300 mg). If you consumed two servings of this snack, would you be above, below, or at the daily recommended value of salt? \_\_\_\_\_
- Four grams of sugar is the equivalent of one teaspoon of sugar. How many teaspoons of sugar are in one serving of this snack? \_\_\_\_\_
- How many teaspoons of sugar would be in two servings? \_\_\_\_\_

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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	
Taught a sister, brother, or someone younger to cook	
Bought food in quantity and divided it into smaller portions	

### **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**

Name three colleges or universities in which you could study culinary arts.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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? \_\_\_\_\_

\_\_\_\_\_