



4-H Foods – Level D (Grades 10-12) 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

What temperature should a refrigerator be in order to maintain food safety? _____

What should you do with your refrigerator in the event that you lose power? _____

Tasty Tidbits

Name four health conditions in which someone may need a special diet or have dietary restrictions.

1. _____
2. _____
3. _____
4. _____

What does it mean to be “food insecure?” _____

How is food insecurity different than hunger? _____

Name three agencies in our community that help with food insecurity.

1. _____
2. _____
3. _____

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 dietetics.

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? _____