LaPorte County Record Sheet

4-H Dairy Foods Project

Name: _____

4-H Club: _____

Years in 4-H: _____   Grade: _____   Division: _____

Purpose: To promote better food habits through the use of "MyPlate" in preparing well balanced meals, and to gain a better understanding of milk products and their benefits.

Did you give a demonstration on your Dairy Foods project? _____

Name of demonstration _____

List three new things you learned in the project this year?

1)_____

2)_____

3)_____

The amount of food from the Dairy Group you need to eat depends on your age. According to the table on "choosemyplate.gov/dairy," how much should you have for your age? _____

_____

What other interesting facts did you discover while visiting this website? _____

_____

_____

Why is it important to include Dairy Foods in your diet? _____

_____

_____

_____

List the Dairy Foods you prepared this year.

Food prepared	**Number of times prepared**

1. _____

2. _____

3. _____

Food prepared	**Number of times prepared**

4. _____

5. _____

6. _____

List products other than milk that belong to the Dairy group. (Example – yogurt)

_____

_____

Make up a day's menu of meals and snacks that fulfill your nutritional needs from MyPlate. Circle all the items which are in the Dairy group.

Breakfast:	Lunch:
Dinner:	Snack (optional)

I have reviewed this record sheet and believe it to be correct.

Signature of 4-H Member: _____ Date: _____

Signature of Leader: _____ Date: _____