## Fantastic Foods Level A Year 1 Record Sheet 4-H-1032a-W New 2015 1. List three new things you learned in this project. \_ 2. What was the most surprising thing you learned about yourself while completing this project? 3. Did you give an interactive demonstration? ☐ No ☐ Yes Title \_\_\_\_\_ 4. List the foods you prepared or preserved this year, and how many times you prepared or preserved them. **Food Prepared Number of Times Food Preserved Number of Times** 5. Write the number of times you did these other things: **Activity Number of Times** Set table Cleaned up kitchen Collected recipes Helped serve family meals

Shopped for groceries

Put away groceries

Fant	tastic Foods Level A Ye	ar 2 Record Sheet
	d you learn about food safety from this project?	
2. What ar	re some things to keep in mind when you go to the grocer	ry store to buy food?
 3. Did you	give an interactive demonstration?   No  Yes Title	
	foods you prepared or preserved this year, and how many	
	Food Prepared	Number of Times
1		
		N 1 (T)
	Food Preserved	Number of Times
5. Write th	ne number of times you did these other things:	
	Activity	Number of Times
	Set table	
	Cleaned up kitchen	
	Collected recipes	
	Helped serve family meals	
	Shopped for groceries	
	Put away groceries	
		- 1/
I have revie	ewed this record and made comments about the individua	al's progress and project completion.

## Tasty Tidbits Level B Year 1 Record Sheet

List three new things w	you learned in this project	4-H-1033a-W New 2
	oa learnea in tins project.	
What was the most su	rprising thing you learned about y	ourself while completing this project?
Did you give an interac	tive demonstration? 🗖 No 📮 Yes	s Title
How did you help you	r family with their meals while doi	ng this project?
List the foods you prep	pared or preserved this year, and h	now many times you prepared or preserved t
Food Pr	epared	Number of Times
Food Pr	eserved	Number of Times
Write the number of ti	mes you did these other things:	
Activity		Number of Times
Set table	with centerpiece	
Cleaned u	ıp kitchen	
Collected	recipes	
Helped se	erve family meals	
Planned a	and cooked entire meal	
Shopped	for groceries	

Date

Signature of Project Helper\_

#### Tasty Tidbits Level B Year 2 Record Sheet 4-H-1033b-W New 2015 1. What three new skills did you develop in this project? \_\_ 2. What did you learn about buying food?\_\_\_\_\_ 3. What are some things you learned about careers in the food industry?\_\_\_\_\_ 4. Did you give an interactive demonstration? ☐ No ☐ Yes Title \_\_\_ 5. List the foods you prepared or preserved this year, and how many times you prepared or preserved them. **Food Prepared Number of Times Food Preserved Number of Times** 6. Write the number of times you did these other things: **Number of Times** Activity Set table with centerpiece Cleaned up kitchen Collected recipes Helped serve family meals Planned and cooked entire meal Shopped for groceries I have reviewed this record and made comments about the individual's progress and project completion.

Signature of Project Helper

## You're the Chef Level C Year 1 Record Sheet 1. List three new things you learned in this project. \_\_\_ 2. What was the most surprising thing you learned about yourself while completing this project? 3. Did you give an interactive demonstration? ☐ No ☐ Yes Title 4. What did you learn about meal management in this project? 5. List the foods you prepared or preserved this year, and how many times you prepared or preserved them. Food Prepared **Number of Times Food Preserved Number of Times** 6. Write the number of times you did these other things: **Number of Times Activity** Collected recipes Helped serve family meals Planned and cooked entire meals Shopped for groceries

I have reviewed this record and made comments about the individual's progress and project completion.

Signature of Project Helper\_\_\_\_\_\_\_ Date

Taught a sister, brother, or someone younger to cook

#### You're the Chef Level C Year 2 Record Sheet 1. Describe what you learned about selecting healthy food. \_ 2. Describe what you learned about food additives. \_\_\_\_\_ 3. What are some things you learned about careers in the food industry?\_\_\_ 4. Did you give an interactive demonstration? ☐ No ☐ Yes Title \_ 5. List the foods you prepared or preserved this year, and how many times you prepared or preserved them. **Food Prepared Number of Times Food Preserved Number of Times** 6. Write the number of times you did these other things: Activity **Number of Times** Collected recipes Helped serve family meals Planned and cooked entire meals Shopped for groceries Taught a sister, brother, or someone younger to cook Helped younger 4-H members with activities in the Foods manual I have reviewed this record and made comments about the individual's progress and project completion. Signature of Project Helper\_ Date.

# You're the Chef Level C Year 3 Record Sheet

	id you learn about evaluating nutrition information on the Interne on, radio)?		5,
2. Did you	ı give an interactive demonstration? ☐ No ☐ Yes Title		
3. As a res	sult of the activities you completed this year, what will you do diffe	erently?	
4. List the	foods you prepared or preserved this year, and how many times	you prepared or preserved tl	nem
	Food Prepared	Number of Times	
	Food Preserved	Number of Times	
E Mote al	and the second s		
5. Write tr	ne number of times you did these other things:	Number of Times	
	Activity  Collected recipes	Number of Times	
	Helped serve family meals		
	Planned and cooked entire meals		
	Shopped for groceries		
	Taught a sister, brother, or someone younger to cook		
	Helped younger 4-H members with activities in the Foods manual		
	Bought food in quantity and divided into smaller portions		
I have revi	ewed this record and made comments about the individual's pro-	gress and project completior	١.

Date.

Signature of Project Helper

## Foodworks Level D Year 1 Record Sheet 4-H-1035a-W New 2015

I. List three new things you learned in this project	
2. What was the most surprising thing you learned about yourself while co	ompleting this project?
B. Did you give an interactive demonstration? ☐ No ☐ Yes Title	
What did you learn about meal management in this project?	
5. List the foods you prepared or preserved this year, and how many times	you prepared or preserved then
Food Prepared	Number of Times
Food Preserved	Number of Times
6. Write the number of times you did these other things:	
Activity	Number of Times
Collected recipes	
Helped serve family meals	
Planned and cooked entire meals	
Shopped for groceries	
Taught a sister, brother, or someone younger to cook	
have reviewed this record and made comments about the individual's pro-	paress and project completion

Date

Signature of Project Helper\_

### Foodworks Level D Year 2 Record Sheet

	•	4-H-1035b-W New 2015
1.	Describe what you learned about selecting healthy food.	
2.	Did you give an interactive demonstration? ☐ No ☐ Yes Title	
3.	What are some things you learned about careers in the food industry?	
4.	List the foods you prepared or preserved this year, and how many times	you prepared or preserved the
	Food Prepared	Number of Times
	Food Preserved	Number of Times
	1000 Fleserved	Number of Times
5.	Write the number of times you did these other things:	
	Activity	Number of Times
	Collected recipes	
	Helped serve family meals	
	Planned and cooked entire meals	
	Shopped for groceries	
	Taught a sister, brother, or someone younger to cook	
	1	

Date

Signature of Project Helper

## Foodworks Level D Year 3 Record Sheet

1. List three	e things you learned in this project	
2. Did you	give an interactive demonstration?   No  Yes Title	
3. As a resu	ult of the activities you completed this year, what will you do diffe	erently?
4. List the f	oods you prepared or preserved this year, and how many times y	you prepared or preserved t
	Food Prepared	Number of Times
	Food Preserved	Number of Times
5. Write the	e number of times you did these other things:	
5. Write the	e number of times you did these other things:  Activity	Number of Times
5. Write the		Number of Times
5. Write the	Activity	Number of Times
5. Write the	Activity Collected recipes	Number of Times
5. Write the	Activity Collected recipes Helped serve family meals	Number of Times
5. Write th	Activity  Collected recipes  Helped serve family meals  Planned and cooked entire meals	Number of Times
5. Write th	Activity  Collected recipes  Helped serve family meals  Planned and cooked entire meals  Shopped for groceries	Number of Times

Date

Signature of Project Helper\_