

Monroe County 4-H  
Record Book Form



**FOODS & NUTRITION PROJECT FOR 20\_\_\_\_\_**



UW-MADISON EXTENSION

List two things you would like to do or learn this year in this project (2pts):

1. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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This record is for the following project(s) (1pt):

<input type="checkbox"/> Foods revue	<input type="checkbox"/> Food Poster
<input type="checkbox"/> Cakes	<input type="checkbox"/> Cookies
<input type="checkbox"/> Pies	<input type="checkbox"/> Bars
<input type="checkbox"/> Breads	<input type="checkbox"/> Cake Decorating
<input type="checkbox"/> Preservation	<input type="checkbox"/> Dried Herbs
<input type="checkbox"/> Candy Making	<input type="checkbox"/> Fruits
<input type="checkbox"/> Microwaving	

Years in project (1pt) \_\_\_\_\_  
 Chart has checked boxes 1pt.

**SKILLS LEARNED**

Skills	This Year	Past Years	Skills	This Year	Past Years
Read a recipe			Figure cost of meal		
Use kitchen hand tools			Make meal for self		
Made no-bake item			Process vegetables		
Mix, sift, blend, beat			Freeze items		
Know food pyramid			Set a table properly		
Measure ingredients			Frost/Glaze item		
Kitchen safety/clean			Made nutritious bag lunch		
Use stove/oven			Vegetarian meal		
Plan a meal			International meal		

The value of a 4-H Project is measured, in part, by the time spent learning and participating in the project. Please attach a copy of your 4-H Project Hours Tracking Tool for the foods and nutrition project. (**Hours Tracker Form, journal, or project certificate** must be included following this form in the foods and nutrition project section of the record book)

Minimum Required Hours Documented: All=4pts, 75%=3pts, 50%=2pts, less than 50%=1pt, none=0pts

### Foods Prepared and Served (1pt)

Food prepared this year (include foods from 4-H literature).

Item	Description	Cost

Describe below how you created your favorite project (1 point per detail, up to 4 points total):

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### Exhibits/Demonstrations (1pt)

What did you exhibit?	When/Where	Placing

The worth or value of a 4-H project is measured also by the things you learned, enjoyment, and overcoming challenges. Tell us one thing you learned in the foods and nutrition project this year, as well as one challenge you overcame. (2 points – 1pt for challenge, 1pt for what learned)

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Photo Pages: 2 pages (4 sides) following this form. Scrapbook style pages are acceptable. Please include captions. If you wish to not include photos, a 1 page journal entry is also acceptable. (2 points per side. 1 point for pictures. 1 point for captions. If written entry, total of 4 points for completion of 500 word essay) Total 21 Pts