

Intermediate Foods Record Book

Name:	
Club Name:	Leader:
Year in 4-H:	Year in this project:
	Project Goals
List four goals of what you wo	ould like to accomplish and/or learn in the Foods project this year:
1	
2	
3	
4	
experienced or learned in con	Project Story Foods project. Tell about the items you made, the things you did, impleting your Foods project this year. Include results, difficulties, ill you use the skills learned again?

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

Foods Citizenship/Community Service Projects

List community service projects you participated in that relate to your Foods project. (Examples: cookies for nursing home, cookies for Santa's Helpers etc.)

Project and for whom:		Date	Hours	Location	
•					
			-		
	Project Inc	ome			
If you mad	le any items you sold, ple	ease comple	te this se	ction.	
tem Sold	Sold +0 14	Sold to Whom		Date Sold	Money
tem solu	30ld to W	/110111		Date 30iu	Received
					Neccivea
	Learning Act	ivities			
Vhat activities helped you learn	the skills for this project	2 (Project m	ootings	workshops	claccoc
lemonstrations/presentations,		: (Flojectiii	eetiiigs,	workshops,	ciasses,
emonstrations, presentations,	contests, etc.)				

Recipe Reflection Section

Fill out the information about a recipe you made this year. On the opposite page place a photo of your completed recipe and the recipe card. Complete 2 Recipe Reflections. Add pages as needed.

Looking Back

Product Cost

Ingredient I enjoyed this project because:_____ Cost New skills I learned are: _____ Total Cost of Ingredients: \$_ Supplies other than baking Cost equipment Ex: Cupcake papers \$1.29 Were the ingredients readily available? Yes / No If not, which ones were hard to find? Total Cost of supplies: \$ _____ Were the directions easy to follow? Yes / No If I had purchased this, it would have cost How did it taste (circle one)? Terrible Fair Good Excellent Did you use this recipe for foods judging? Yes / No Check the correct statement: If yes, what was your ribbon? ☐ I saved \$______ by making this Would you make this recipe again? Yes / No myself. ☐ I did not save money.

Photos of Recipe

Copy of Recipe

Recipe Reflection Section

Fill out the information about a recipe you made this year. On the opposite page place a photo of your completed recipe and the recipe card. Complete 2 Recipe Reflections. Add pages as needed.

Product Cost

Looking Back

Ingredient	Cost	I enjoyed this project because:			
		New skills I learned are:			
		-			
		· · · · · · · · · · · · · · · · · · ·			
		·			
Total Cost of Ingredients:	\$				
Supplies other than baking equipment	Cost	-			
Ex: Cupcake papers	\$1.29	Were the ingredients readily available? Yes / No			
		If not, which ones were hard to find?			
Total Cost of supplies: \$,				
		Were the directions easy to follow? Yes / No			
If I had purchased this, it would have cost		How did it taste (circle one)?			
\$		Terrible Fair Good Excellent			
Check the correct statement:		Did you use this recipe for foods judging? Yes / No If yes, what was your ribbon?			
I saved \$ bmyself.I did not save money.	y making this	Would you make this recipe again? Yes / No			

Photos of Recipe

Copy of Recipe

Equipment Inventory

Place a check mark next to the items you used during the year to complete your foods project.

	Dry Measuring Cups		Rolling pin		Wax paper	
	Liquid Measuring		Sifter		Parchment	
	Cups		Cake pans		Paper towels	
	Measuring Spoons		Loaf pans		Dish detergent	
	Ruler		Cookie sheets		Trash bags	
	Thermometer		Jelly-roll pan		Apron	
	Timer		Muffin tins		Hair ties	
	Bowls		Pie Pan/Plate		Oven	
	Cutting Board		Spring form pan		Convection Oven	
	Knives		Angel food cake pan		Microwave Oven	
	Can Opener		Cooling Racks		Toaster Oven	
	Bottle Opener		Electric Mixer		Dishwasher	
	Funnel		Food Processor		Refrigerator	
	Grater		Blender		Freezer	
	Colander		Toaster	Otl	ther Equipment Used	
	Strainer		Griddle			
	Juicer		Electric skillet		÷	
	Pots		Waffle Iron			
	Skillets		Crock-pot			
	Pans		Dish Towels			
	Rubber Spatulas		Pot Holders		10	
	Metal Utensils		Oven Mitt		-	
	Tongs		Plastic containers			
	Whisk		Aluminum foil		\ <u>-</u>	
	Basting brush		Plastic wrap			
	Pastry brush		Plastic bags		£	
What	new tool did you use this year?					
What	did you make with it?					
What	new skill did you learn using the n	ew	equipment?			
If you	had to replace three pieces of equ	ıipm	nent, how much would it cost?			
1.			3,		:	
			\$			
ې						

Photographs of Your 4-H Project

A minimum of four pictures with a descriptive caption for each picture is required. Additional photos can be added. Pictures must be project specific.

Foods Prepared

Use as many pages as needed to record ALL foods you prepare during the year. List foods prepared at home, at other locations, at 4-H

meetings etc.

Moist, good chocolate flavor, even texture, recipe Overall evaluation of the food product (color, texture, flavor, appearance, recipe etc.) was a winner Any Special Modifications (recipe modifications, Added 3 tbsp. of flour to adjust for high altitude high altitude adjustments etc.) Prepared of Times Number 3 times **Food Prepared** Ex: Brownies

Revised 1/5/2018