



# Junior Foods Record Book

Name: \_\_\_\_\_

Club Name: \_\_\_\_\_ Leader: \_\_\_\_\_

Year in 4-H: \_\_\_\_\_ Year in this project: \_\_\_\_\_

## Project Goals

List three goals of what you would like to accomplish and/or learn in the Foods project this year:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## Project Story

Write a few sentences about your 4-H Foods project this year. What did you like? What did you learn?

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*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 |
|-----------------------|------|-------|----------|
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## Project Income

If you made any items that you sold please complete this section.

| Item Sold | Sold to Whom | Date Sold | Money Received |
|-----------|--------------|-----------|----------------|
|           |              |           |                |
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## Learning Activities

What activities helped you learn the skills for this project? (Project meetings, workshops, classes, demonstrations/presentations, contests, etc.)

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## 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. Add pages as needed.

### Product Cost

| Ingredient | Cost |
|------------|------|
|            |      |
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|            |      |

Total Cost of Ingredients: \$ \_\_\_\_\_

| Supplies other than baking equipment | Cost   |
|--------------------------------------|--------|
| <i>Ex: Cupcake papers</i>            | \$1.29 |
|                                      |        |
|                                      |        |
|                                      |        |
|                                      |        |

Total Cost of Supplies: \$ \_\_\_\_\_

If I had purchased this, it would have cost

\$ \_\_\_\_\_

Check the correct statement:

- I saved \$ \_\_\_\_\_ by making this myself.
- I did not save money.

### Looking Back

I enjoyed this project because: \_\_\_\_\_

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New skills I learned are: \_\_\_\_\_

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Were the ingredients readily available? Yes / No

If not, which ones were hard to find? \_\_\_\_\_

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Were the directions easy to follow? Yes / No

How did it taste (circle one)?

Terrible      Fair      Good      Excellent

Did you use this recipe for foods judging? Yes / No

If yes, what was your ribbon? \_\_\_\_\_

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
- Liquid Measuring Cups
- Measuring Spoons
- Ruler
- Thermometer
- Timer
- Bowls
- Cutting Board
- Knives
- Can Opener
- Bottle Opener
- Funnel
- Grater
- Colander
- Strainer
- Juicer
- Pots
- Skillets
- Pans
- Rubber Spatulas
- Metal Utensils
- Tongs
- Whisk
- Basting brush
- Pastry brush

- Rolling pin
- Sifter
- Cake pans
- Loaf pans
- Cookie sheets
- Jelly-roll pan
- Muffin tins
- Pie Pan/Plate
- Spring form pan
- Angel food cake pan
- Cooling Racks
- Electric Mixer
- Food Processor
- Blender
- Toaster
- Griddle
- Electric skillet
- Waffle Iron
- Crock-pot
- Dish Towels
- Pot Holders
- Oven Mitt
- Plastic containers
- Aluminum foil
- Plastic wrap
- Plastic bags

- Wax paper
- Parchment
- Paper towels
- Dish detergent
- Trash bags
- Apron
- Hair ties
- Oven
- Convection Oven
- Microwave Oven
- Toaster Oven
- Dishwasher
- Refrigerator
- Freezer

## Other Equipment Used

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **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.

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