



Project Story Continued: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 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 Income

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

Item Sold	Sold to Whom	Date Sold	Money Received

## Learning Activities

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

---

---

---

---

---

---

---

---

---

---

---

---

## Leadership Activities

List leadership you demonstrated in your Foods project this year. Did you give a demonstration? Did you help plan an activity day? Lead an activity at a Foods workshop?

---

---

---

---

---

---

---

---

---

---

---

---

## Nutrition Label Comparison

Compare the nutrition labels of two similar food items (granola bars, pop, cereals, tv dinners, etc.).  
 Attach the labels below and answer the following questions.

**Item A:** \_\_\_\_\_

**Item B:** \_\_\_\_\_

	Item A	Item B	Best Choice ( A or B)
How many servings per container			
What is the serving size			
Calories per serving			
Total Fat per serving			
Calories from fat			
Sugar per serving			
Mg sodium per serving			
Vitamin A			
Vitamin C			
Calcium			

Which item would be the most nutritious for you to consume? \_\_\_\_\_

## 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 3 Recipe Reflections. Add pages as needed.

### Product Cost

Ingredient	Cost

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

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

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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Were the ingredients readily available? Yes / No

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**

## 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 3 Recipe Reflections. Add pages as needed.

### Product Cost

Ingredient	Cost

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

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

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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Were the ingredients readily available? Yes / No

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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**

## 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 3 Recipe Reflections. Add pages as needed.

### Product Cost

Ingredient	Cost

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: \_\_\_\_\_

---



---



---



---



---

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

---



---



---



---



---

Were the ingredients readily available? Yes / No

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

---



---



---

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**

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

What new tool did you use this year? \_\_\_\_\_

What did you make with it? \_\_\_\_\_

Did you learn a new skill using the new equipment? \_\_\_\_\_

If you had to replace three pieces of equipment, how much would it cost?

1. \_\_\_\_\_ : \$ \_\_\_\_\_      2. \_\_\_\_\_ : \$ \_\_\_\_\_  
 3. \_\_\_\_\_ : \$ \_\_\_\_\_      4. \_\_\_\_\_ : \$ \_\_\_\_\_

## **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.)
Ex: Brownies	3 times	Added 3 tbsp. of flour to adjust for high altitude	Moist, good chocolate flavor, even texture, recipe was a winner



