WINNEBAGO COUNTY

FOODS & NUTRITION/FOOD PRESERVATION PROJECT RECORD FOR 20___

Things I plan to do and learn this year in this project are: (complete this box between Jan. 1 — May 1)	Check When Done

CHECK SKILLS LEARNED OR IMPROVED

Reading a recipe		Marinating meat	
Measure liquid & dry ingredients		Use food pyramid	
Handle knives		Prepare complete meal	
Use measuring spoons & cups		Plan party/special event	
Use electric mixer		Pack a safe lunch	
Use blender		Explore ethnic foods	
Baking		Eat healthy foods	
Broiling		Food preservation	
Frying, sautéing		Use pressure canner	
Steaming, boiling, poaching		Follow canning process directions	
Chopping, dicing, slicing		Use proper containers	
Grating, shaving		Know purpose of blanching	
Peeling, paring		Use proper drying techniques	
Label reading		Use proper freezing techniques	
Product comparison		Other: please list	
Table setting		_____	
Menu planning		_____	
Modifying recipes for health		_____	
Garnishing		_____	

FOOD PREPARED AND SERVED

Food prepared this year. Comment on things learned as you prepared each food.

Food Prepared	Times Made	Easy/ Hard	Comment

What project related skill(s) would you like to learn or improve?

List at least 2 foods industry related careers that you can identify.

_____

_____

_____

Are you interested in a career related to the foods industry?

Yes ☐ No ☐ Maybe ☐

Exhibits in This Project:

Item	Placing
(additional page may be added)	

Ways You Received Help This Year Include:

(check all that apply)

☐	Attended project training offered by my club
☐	Attended project training offered at the county level
☐	Attended project training offered at District or State Level
☐	Guidance from 4-H Leader/4-H Club
☐	Guidance from Parent/Guardian/Other Adult
☐	Reading and use of 4-H project guides
☐	Reading and use of literature, books, audio visual resources
☐	Own knowledge
☐	Help from friends/other youth
☐	Other (describe)

Project Worth Statement

Has this project been worthwhile to you? Why or why not?