

# 4-H Food Activity Worksheet

- ☐ Complete this worksheet.
- ☐ Make two (2) copies of recipe(s)—one for the judge, one for yourself
- ☐ Make sure activity fits into cost limitations listed in most current fair premium books.
- ☐ Be prepared to answer questions regarding nutrition, meal planning, and other information as required for the activity involved (see *Food Activity Guidelines*, EM4733E).

## 4-H Food Activity Background

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

Activity: \_\_\_\_\_

Division: Primary (K-2) \_\_\_\_\_ Junior (3-5) \_\_\_\_\_ Intermediate (6-8) \_\_\_\_\_ Senior (9-12) \_\_\_\_\_

Years in 4-H: \_\_\_\_\_ Years in Project: \_\_\_\_\_ Years in this Activity: \_\_\_\_\_

County: \_\_\_\_\_

Judge's Name: \_\_\_\_\_

Time Started: \_\_\_\_\_ Time Ended: \_\_\_\_\_

Time needed for preparation, service, cleanup, and interview with judge \_\_\_\_\_

*It is suggested that at least 15 minutes be allowed for the interview with the judge.*

RECIPE	#1	#2	#3
Name of Recipe			
Source of Recipe			
Number of Servings			
Recipe Attached?			

## Recipe or Meal Cost Worksheet

**STEP 1:** List all food items used for recipe or meal in Column 1.

**STEP 2:** List amount purchased in Column 2.

**STEP 3:** List purchase price for amount purchased for each item in Column 3.

**STEP 4:** List number of units purchased in Column 4.

This may be each (pieces of fruit, slices of bread), cups, ounces, tablespoons, or teaspoons.

**STEP 5:** Find the price per unit:

Purchase Price (Column 3) ÷ Number of Units Purchased (Column 4).

**STEP 6:** List number of units used for the recipe or meal.

**STEP 7:** Find the cost of the amount used:

Price per Unit (Column 5) × Number of Units Used (Column 6)

**STEP 8:** Find the total cost of the recipe or meal by adding Column 7.

**STEP 9:** Find the cost per serving by dividing the total cost of recipe or meal by servings provided.

### EXAMPLE

Column 1 Lunch Item	Column 2 Amount Purchased	Column 3 Purchase Price	Column 4 Number of Units Purchased	Column 5 Price Per Unit (Col. 3 ÷ Col. 4)	Column 6 Number of Units Used for Recipe or Meal	Column 7 Cost of Amount Used (Col. 5 × Col. 6)
Apple	4 apples	\$1.50	4 apples	.38 per apple	1 apple	.38
Bread	1 loaf	1.00	16 slices	.06 per slice	2 slices	.12
Peanut Butter	1 jar	1.50	16 ounces	.09 per ounce	1 ounce (2 T)	.09
Carrots	1 bag	1.00	2 cups	.50 per cup	.5	.25
Milk	1 gallon	2.00	16 cups	.13 per cup	1	.13

Total Cost of Recipe or Meal \$ 0.97

Cost per Serving (Total Cost ÷ Total Servings) .97 ÷ 1 = \$0.97

