



It is important to record the foods you prepare to help you evaluate your progress in the projects in the Foods and Nutrition Program. Keep this sheet in your 4-H Record Book and add to it each time you cook. Unless you need to write different comments in the "How did you do?" column, record each food only once.

| Foods, Snacks,<br>and Meals Prepared   | How Did You Do? Include successes, suggestions for improvement, etc.  |
|--|---|
| Example: Spaghetti with meat sauce, garden salad with Italian dressing, garlic bread | I added more garlic and oregano to the meat sauce this time and we liked it better. It was hard to get everything done at the same time—next time I'll make the salad dressing first. |
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Adapted from "4-H Foods Record" by Carolyn Raab, Extension Foods and Nutrition Specialist, and Barbara Sawer, Extension Specialist, 4-H Youth, Oregon State University.



## **LEARNING AND SHARING ACTIVITIES**

As you work on your projects(s) in the Foods and Nutrition Program this year, describe *major ideas you learn* about any or all of the following subjects (for example: the "pull date" on cottage cheese is the last day it can be sold, not the last day it is safe to eat). Be sure to include *how you share* information with others and any special *ways you learn* (for example: helped a Girl Scout troop plan food for a backpacking trip; recorded everything I ate for 48 hours and determined where I could cut calories).

| Food Preparation                     |
|--------------------------------------|
|                                      |
| Nutrition                            |
|                                      |
|                                      |
| Food Safety, Sanitation, and Storage |
|                                      |
| Food Selection and Shopping          |
|                                      |
| Meal Planning, Serving, and Courtesy |
|                                      |
|                                      |
| Exercise, Fitness, and Health        |
|                                      |
| Using Time and Saving Energy         |
|                                      |
| Where Foods Are Grown                |
| THOSE TOUGHT -                       |
|                                      |

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