

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: Cloverbud (Ages 5–7) Junior (Ages 8–7) Intermediate (Ages 11–13) Senior (Ages 14–19)
(Circle one)

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

$$\text{Total Cost of Recipe or Meal } \$ 0.97$$

$$\text{Cost per Serving (Total Cost } \div \text{ Total Servings) } .97 \div 1 = \$0.97$$

