

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 |  |
| Measuring liquid & dry ingredients |  |  | Use My Plate |  |
| 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 im- prove?

**Exhibits in This Project:**

(additional page may be added)

|  |  |
| --- | --- |
| **Item** | **Placing** |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

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

**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?

Revised 10/2019