

4-H Foods Project Record Sheet

Name: _____

4-H Club: _____

Project: _____ Year: _____

**Complete for EACH Food Item Prepared in Project
Must be brought to 4-H Food Judging**

<i>Date of Preparation</i>	<i>Name of Prepared Food</i>	<i>Total Time to Complete Food Activity</i>	<i>Nutritional Value and MyPlate Group*</i>	<i>Comments: How did it taste? What will you do differently next time?</i>
Example: 2/20/09	Puffy Omelet	35 Minutes	Protein, Milk	Not puffy-egg whites not stiff enough.

(Continue Records on Page 3)

*The "nutritional value" can be stated in terms of nutrients. By determining where the food product fits in the MyPlate, the member can determine nutritional value.
For example, the food groups for Puffy Omelet are milk and protein.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



marion.osu.edu

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/caesdiversity.

(Complete this page at end of Project)

PARENT'S COMMENTS:

Was the kitchen cleaned up each time?

Did your child have any trouble preparing the food?

If yes, what?

Do you feel your child learned from this project?

Your personal evaluation of this project?

Parent's Signature: _____

4-H'ERS COMMENTS:

What did you think of this project?

4-H'ers Signature: _____

Any questions call Mary at OSU Extension, Marion County, 740/223-4040 or stop by at 222 W. Center Street.

<i>Date of Preparation</i>	<i>Name of Prepared Food</i>	<i>Total Time to Complete Food Activity</i>	<i>Nutritional Value and MyPlate Group</i>	<i>Comments: How did it taste? What will you do differently next time?</i>

<i>Date of Preparation</i>	<i>Name of Prepared Food</i>	<i>Total Time to Complete Food Activity</i>	<i>Nutritional Value and MyPlate Group</i>	<i>Comments: How did it taste? What will you do differently next time?</i>