



Freezing Project Manual Pilot Project Score Sheet

For each year of this project book, you will need to:

- Complete *My Plans* on page 5
- Complete *MyPlate worksheet* on pages 7-8
- Complete a demonstration for the *Show What You Have Learned* section on page 37
- Complete the *Reflections on Freezing* on page 37
- Complete 4 activities between pages 9 and 36. After 3 years in this project manual, you should have completed a total of the 12 activities.
- Complete your project exhibit

	Possible Points	Score Year 1	Score Year 2	Score Year 3
Completed these two sections every year:				
My plans (p. 5)	5	_____	_____	_____
MyPlate Worksheet (p. 7-8)	5	_____	_____	_____
Choose 4 activities from this section each year <i>(continues on next page):</i>				
__ Reading Food Labels (p. 9-10)	5	_____	_____	_____
__ Let's plan a menu (p. 11)	5	_____	_____	_____
__ Let's Freeze Fruit: Individual Quick Freeze (p. 21)	5	_____	_____	_____
__ Let's Make a Fruit Smoothie (p. 22)	5	_____	_____	_____
__ Let's Freeze Fruit in a Syrup Pack (p. 23)	5	_____	_____	_____
__ Let's Freeze Fruit in a Dry Pack (p. 24)	5	_____	_____	_____
__ Let's Freeze Fruit without Sugar (p. 25)	5	_____	_____	_____
__ Let's Freeze Fruit Juice (p. 26)	5	_____	_____	_____
__ Let's Freeze Blanched Vegetables (p. 27)	5	_____	_____	_____
__ Let's Freeze Vegetables without blanching (p. 28)	5	_____	_____	_____
__ Let's Freeze Convenience Foods: Baked Cookies (p. 29)	5	_____	_____	_____



__ Let's Freeze Convenience Foods: Pizza (p. 30)	<u>5</u>	_____	_____	_____
__ Let's Freeze Convenience Foods: Freezer Jam (p. 31)	<u>5</u>	_____	_____	_____
__ Conduct a Taste Test (p. 32)	<u>5</u>	_____	_____	_____
__ Label Your Product (p. 33)	<u>5</u>	_____	_____	_____
__ Create a Freezer Inventory (p. 34)	<u>5</u>	_____	_____	_____
__ Going Further: Create Your Own Activity (p. 35)	<u>5</u>	_____	_____	_____
__ Make a Menu Plan (p. 36)	<u>5</u>	_____	_____	_____

Completed these sections every year:

Show what you have learned (p. 37) – 10 _____

*Each year demonstrate to your project helper, leader or club. Maximum 10 points each year. ***Have your project helper or club leader score, initial and date each completed demonstration.*

	<u>Initials</u>	<u>Initials</u>	<u>Initials</u>
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Reflections on freezing (p. 37) 5 _____

Exhibit 25 _____

Exhibit idea: Display one of the activities you completed this year. It may be hard to actually showcase the frozen product, so a poster or display about the product and pictures of you completing that activity would be helpful if the frozen product cannot be safely displayed or must be removed after a short period of time.

Activity Record 20 _____

Total Score 100 _____

Judge's Comments:
