



Pressure Canning 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 36
- Complete the *Reflections on Pressure Canning* on page 36
- Complete 4 activities between pages 9 and 35. 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:				
<input type="checkbox"/> Reading Food Labels (p. 9-10)	5	_____	_____	_____
<input type="checkbox"/> Let's plan a menu (p. 11)	5	_____	_____	_____
<input type="checkbox"/> Let's can vegetables: Raw pack vs. hot pack (p. 19-21)	5	_____	_____	_____
<input type="checkbox"/> Let's can vegetables: Mixed vegetables (p. 22)	5	_____	_____	_____
<input type="checkbox"/> Let's can vegetables: Spaghetti sauce without meat (p. 23)	5	_____	_____	_____
<input type="checkbox"/> Let's can dry beans (p. 24-25)	5	_____	_____	_____
<input type="checkbox"/> Let's can meats, poultry, and fish (p. 26-28)	5	_____	_____	_____
<input type="checkbox"/> Let's can combinations (p. 29-31)	5	_____	_____	_____
<input type="checkbox"/> Conduct a taste test (p. 32)	5	_____	_____	_____
<input type="checkbox"/> Label your product (p. 33)	5	_____	_____	_____
<input type="checkbox"/> Going further: Create your own activity (p. 34)	5	_____	_____	_____
<input type="checkbox"/> Make a Menu Plan (p. 35)	5	_____	_____	_____

