



4-H Cooking 301

Project Score Sheet

For each year of this 2-3 year book you will need to:

- Prepare a minimum of 2 dishes from each of the **recipe sections** (fruits and vegetables, grains, protein, dairy and desserts) for a total of 10 dishes. Provide information on your completed dishes on a piece of notebook paper (instructions below).
- Give a minimum of 3 "How To" demonstrations to your helper, club leader or club and have your leader or helper score, date and initial your demonstration in the appropriate section below.
- Complete one **food science experiment** and have your leader or helper score, date and initial your experiment in the appropriate section below.
- Complete at least **one community service project** such as planning and hosting a holiday party for children in need or baking cakes or cupcakes for a homeless shelter.
- Complete your **project exhibit**.

Recipe Sections. Prepare 2 dishes from each of the 5 sections below each year. If you do additional activities, please check (v) the activities you want to be graded. Maximum 25 points each year. On a piece of notebook paper list each recipe completed, state how the recipe turned out, and list something you learned through completing the recipe. Place this in front of the Project Record on page 6 of your project book.

Fruits and vegetables (Maximum 5 points)		Possible Points	Year 1	Year 2	Year 3
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			
Grains (Maximum 5 points)					
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			
Dish	Page	2.5			



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Protein (Maximum 5 points)				
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dairy (Maximum 5 points)				
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Desserts (Maximum 5 points)				
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Dish	Page	2.5	 	
Nich	Dago	2.5		

Food Science Experiments. Complete one food science experiment each year. If you do additional experiments, please check (V) the experiment you want counted for this year. Have your project helper or club leader score, initial and date each completed experiment. Maximum 10 Points each year.



4-H Youth Development

	ı	Possible Points	Year 1	Year 2	Year 3	Project	Helper/Leader Initials
Experiment with Flour	Page 33	10					
						Initials	Demonstration Date
Experiment with Kneading	Page 35	10					Domes a saturation Date
Experiment with Yeast	Page 37	10					Demonstration Date
						Initials	Demonstration Date
Experiment with Butter	Page 62	10					
						Initials	Demonstration Date
Experiment with Cheese	Page 104	10					
						Initials	Demonstration Date

"How To" Demonstrations. Give 3 of the "How To" demonstrations to your project helper, leader or club each year. If you do additional activities, please check (V) the activities you want to be counted for this year. Have your project helper or club leader score, initial and date each completed demonstration. Maximum 15 points each year.

		Possible Points	Year 1	Year 2	Year 3	Project	Helper/Leader Initials
How to:	Page	5					
How to:	Page	5				Initials	Demonstration Date
						Initials	Demonstration Date
How to:	Page	5					 Demonstration Date
How to:	Page	5					
How to	Dogo	r				Initials	Demonstration Date
How to:	Page	5				Initials	Demonstration Date
How to:	Page	5					Danis and tradition Data
How to:	Page	5				initials	Demonstration Date
						Initials	Demonstration Date
How to:	Page	5				 Initials	Demonstration Date
How to:	Page	5					
How to:	Page	5				Initials	Demonstration Date
						Initials	Demonstration Date
How to:	Page	5				 Initials	Demonstration Date
How to:	Page	5					
How to:	Page	5				Initials	Demonstration Date
1.5w to.		5				Initials	Demonstration Date



EXTENSION SERVICE				8 6
		4-H Yout	⊘ (€)	
		Year 1	Year 2	Year 3
Activity Record	20			
Project Exhibit Maximum: 30 points each year.	30			
Project Exhibit Instructions:				
Year 1: Six (6) basic dinner rolls and recipe card, or six container. Include index card with instructions for defrance and provide a poster which highlights your completed	rosting. Label wi	th name of pro	duct, quantity,	•
Year 2: Three (3) soft pretzels and recipe card, or thre container. Include index card with instructions for cooffrozen AND provide a poster which highlights your con	king or defrostin	g. Label with r	name of produc	t, quantity, and dat
Year 3: One (1) Swedish tea ring, or one (1) frozen Sweindex card with instructions for cooking or defrosting. provide a poster which highlights your completed com	Label with name	of product, q	uantity, and da	
Total Score	100			
Judges' Comments:				