



4-H Cooking 401

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 celebration meal for needy families in your community, or preparing an ethnic meal for foreign exchange students from a local high school or university.
- 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			



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Dish	Page	2.5			
Dish	Page	2.5			
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			
Dish	Page	2.5			



4-H Youth Development

Initials Demonstration Date

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.

		Pos	sible Points	Year 1	Year 2	Year 3	Project	Helper/Leader Initials
Experiment with Spices and H	lerbs P	age 10	10					
Experiment with Fruit	P	age 35	10				Initials	Demonstration Date
							Initials	Demonstration Date
Experiment with Ice Cream	P	age 70	10				 Initials	Demonstration Date
Experiment with Candy	P	age 87	10					
							Initials	Demonstration Date
"How To" Demonstrations. Give 3 you do additional activities, please helper or club leader score, initial	e check ((V) the acti e each cor	vities you w npleted den	ant to k nonstra	be count	ed for th aximum	nis year. 15 point	Have your project
How to:	Page	_ 5						Domonatustica Data
How to:	Page	5						Demonstration Date
How to:	Page	5					Initials	Demonstration Date
							Initials	Demonstration Date
	Page						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
							Initials	Demonstration Date
How to:	Page	_ 5					 Initials	Demonstration Date
How to:	Page	5						



					6.3
11	D		4-H You	uth Development	3 (8)
How to: Page_	Page 5			Initials De	monstration Date
			Year 1	Year 2	Year 3
Activity Record		20			
Project Exhibit Maxi	mum: 30 points each year.	30			
Project Exhibit Instruction	ns:				
chapatti, roti. Display in f	d circles and recipe card, or freezer bag or freezer contain y, and date frozen <u>AND provi</u>	ner. Include ir	ndex card with in	structions for de	efrosting. Label wit
2"X14") and recipe card, o	focaccia bread (approximate or frozen rosemary focaccia l	oread or Fren	ch bread loaf. D	isplay in freezer	bag or freezer
	ard with instructions for coo ter which highlights your cor	_	_	•	•
rozen <u>AND provide a pos</u> Year 3: Six (6) English muf container. Include index c		mpleted comi 6) frozen Engl king or defro	munity service poilsh muffins. Disposting. Label with	roject for the year lay in freezer ba name of produc	<u>ar</u> . g or freezer ct, quantity, and da
rozen <u>AND provide a pos</u> Year 3: Six (6) English muf container. Include index c	ter which highlights your cor fins and recipe card, or six (6 ard with instructions for coo	mpleted comi 6) frozen Engl king or defro	munity service poilsh muffins. Disposting. Label with	roject for the year lay in freezer ba name of produc	<u>ar</u> . g or freezer ct, quantity, and da