

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)	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 _____

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 _____

How to:	Page	5	_____	_____	_____	_____	_____
						Initials	Demonstration Date
					Year 1	Year 2	Year 3
Activity Record		20	_____	_____	_____	_____	_____
Project Exhibit	Maximum: 30 points each year.	30	_____	_____	_____	_____	_____

Project Exhibit Instructions:

Year 1: Three (3) flatbread circles and recipe card, or three (3) frozen flatbread circles. You may prepare pita bread, or chapatti, roti. Display in freezer bag or freezer container. Include index card with instructions for defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Year 2: One (1) rosemary focaccia bread (approximately 15"X10"X1") or one (1) French bread loaf (approximately 2"X14") and recipe card, or frozen rosemary focaccia bread or French bread loaf. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Year 3: Six (6) English muffins and recipe card, or six (6) frozen English muffins. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Total Score 100 _____

Judges' Comments:
