

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	_____	_____	_____

Informational Demonstrations. Demonstrate your knowledge on food and kitchen safety through 2 informal demonstrations (see guidelines page 14) each year. If you do additional activities, please check (✓) the activities you want counted for this year. Have your project helper or club leader score, initial and date each completed demonstration. Maximum 10 Points each year.

	Possible Points	Year 1	Year 2	Year 3	Project Helper/Leader Initials	
___ Demonstration _____ Page ___	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ Demonstration _____ Page ___	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ Demonstration _____ Page ___	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date

“How To” Demonstrations. Complete 3 of the **Cooking “How To” Basics** to demonstrate 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: Knife Skills	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Cut Food	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Mix Food	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Cook Food	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to: _____ Page ___	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ 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: Six (6) snickerdoodle cookies and recipe card, or six (6) frozen snickerdoodle cookies. 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: Six (6) rolled biscuits and recipe card, or six (6) frozen rolled biscuits. 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) scones and recipe card, or six (6) frozen scones. 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:
