



4-H Cooking 201

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 2 **informal demonstrations** on food or kitchen safety to your helper, leader or club each year and have your leader or helper score, date and initial your demonstration in the appropriate section 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 at least one community service project such as baking food for a charity bake sale.
- 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 (1) 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			



4-H Youth Development

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 (V) 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.



4-H Youth Development

		Possib	le Points	Year 1	Year 2	Year 3	Project	Helper/Leader Initials
Demonstration	Page _		5					
Demonstration	Page _		5				Initials	Demonstration Date
			J				Initials	Demonstration Date
Demonstration	Page _		5					 Demonstration Date
							IIIILIAIS	Demonstration Date
"How To" Demonstrations. (Complete 3 of the	Cooking	g "How To	o" Basic	s to dem	nonstrate	e to you	r project helper, leader
or club each year. If you do a	•	_					•	• •
Have your project helper or o year.	club leader score, i	nitial an	id date ea	ich com	pleted d	lemonst	ration. I	Maximum 15 points eac
		Possib	le Points	Year 1	Year 2	Year 3	Project	Helper/Leader Initials
How to: Knife Skills		5						
How to Cut Food		5					Initials	Demonstration Date
110W to cut 100u		J					 Initials	Demonstration Date
How to Mix Food		5						Demonstration Date
How to Cook Food		5						
How to	Dogo	_					Initials	Demonstration Date
How to:	_ Page	5					 Initials	Demonstration Date
How to:	Page	5						Dana anatomica Data
							initials	Demonstration Date
					Year 1		Year 2	Year 3
Activity Record			20			_		
Project Exhibit Maximu	ım: 20 noints each	vear	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.



4-H Youth Development

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:		