**WAUPACA COUNTY** 2023

**4-H FOODS & NUTRITION** **RECORD**

Name:       Grade (January 1):       Yrs. in project:

Number of project meetings held:       Number of project meetings I attended:

I enjoyed the foods project because:

My favorite item I made this year was:

What was the most difficult item you made and why?

One thing I learned this year was

What is one item you plan to make in the future and what skill(s) will you need to complete this goal?

**Use the table below to record a few new foods or recipes you prepared during this project year.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  Name of dish | Preparation and cooking/baking time | How many did it serve? | Liked by family | What changes would you make to this recipe? |
|       |       |       | [ ] Yes / [ ] No |       |
|       |       |       | [ ] Yes / [x] No |       |
|       |       |       | [ ] Yes / [ ] No |       |
|       |       |       | [ ] Yes / [ ] No |       |
|       |       |       | [ ] Yes / [ ] No |       |

Pick two exhibits from your Foods project to share more detail about. List all of your exhibits on the exhibit record. Fair or Revue Entry:       Placing:

Attach Recipe

List any new ingredients, techniques, or skills used for this recipe

Time to Prepare:       Cost of Ingredients:

Changes or substitutions made to original recipe (if not from 4-H literature):

What additional things did you do to make this entry ready for the judges? (plating choice, garnishes, etc.)

Any comments from the judges or other exhibitors that you found helpful:

 **\_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_**

Fair or Revue Entry:       Placing:

Attach Recipe

List any new ingredients, techniques, or skills used for this recipe

Time to Prepare:       Cost of Ingredients:

Changes or substitutions made to original recipe (if not from 4-H literature):

What additional things did you do to make this entry ready for the judges? (plating choice, garnishes, etc.)

Any comments from the judges or other exhibitors that you found helpful:

**EXHIBIT RECORD**

(List all items entered, including food preservation and cake decorating.

Add additional sheets as needed.)

|  |  |
| --- | --- |
| **Fair or Revue Entry** **(Be specific – i.e. for international food include name of dish, etc.)** | **Placing** |
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Project story recommended but not required. May add additional pages.

Members are encouraged to include photos of projects with labels of what each project is. Revised 3/17