

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

2025

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 / 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: _____
