

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

2026

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: \_\_\_\_\_

\_\_\_\_\_

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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: \_\_\_\_\_

\_\_\_\_\_

