WINNEBAGO COUNTY



FOODS & NUTRITION/FOOD PRESERVATION PROJECT RECORD FOR 20____

Things I plan to do and learn this year in this project are: (complete this box between Jan. 1 — May 1)	Check When Done

CHECK SKILLS LEARNED OR IMPROVED

Reading a recipe Measure liquid & dry ingredients Handle knives Use measuring spoons & cups Use electric mixer Use blender Baking Broiling Frying, sautéing	Marinating meat Use food pyramid ("My Plate") Prepare complete meal Plan party/special event Pack a safe lunch Explore ethnic foods Eat healthy foods Food preservation Use pressure canner	

FOOD PREPARED AND SERVED

Food prepared this year. Comment	on things	learned as	you prepared each food.
Food Prepared	Times Made	Easy/ Hard	Comment

What project related skill(s) would you like to learn or improve?

Exhibits in This Project: Item Placing

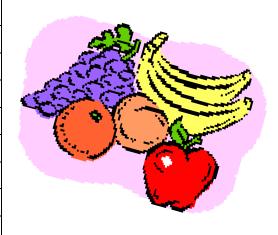
(additional page may be added)

List at least 2 foods industry related careers that you can
identify.

Are you	interested	in a career related to the foods industry?	
Yes	No	_ Maybe	

Ways You Received Help This Year Include: (check all that apply)

Attended project training offered by my club
Attended project training offered at the county level
Attended project training offered at District or State Level
Guidance from 4-H Leader/4-H Club
Guidance from Parent/Guardian/Other Adult
Reading and use of 4-H project guides
Reading and use of literature, books, audio visual resources
Own knowledge
Help from friends/other youth
Other (describe)



Project Worth Statement

Has this project been worthwhile to you? Why or why not?