

FOODS AND NUTRITION PROJECT RECORD

Check all that apply to your project this year.

used a conventional oven
used a microwave oven
used a toaster oven
used a bar-b-que grill
used a food dehydrator
used a pressure canner
used a food processor
used a electric mixer
used a bread machine
used a blender
used a crock pot
know how to measure liquid ingredients correctly
know how to measure dry ingredients correctly
prepared pan or dish for baking
cooled foods properly
put away left over foods immediately
practiced kitchen safety (i.e. turn pot handles in, use pot holders)
read a recipe correctly
revised a recipe to be more healthful
prepared foods using less fat/sugar/salt
tested baked foods for doneness
helped with grocery shopping
used coupons to save money
read labels for best nutritional buy
compared prices of various brands
compared quality of foods versus the price of food
planned a nutritious menu
served a complete meal for your family or someone else
selected foods lower in fat
exercised to stay fit
try to eat a balanced diet
washed the lid before opening cans
clean work area before preparing food
always clean up after you are done
did the dishes after preparing food
prepared a cake from a mix
prepared a cake from scratch
made brownies or bars from mix
made brownies or bars from scratch
made casseroles from scratch
made casseroles from a box mix

prepared meat for a meal
prepared fish for a meal
prepared poultry for a meal
prepared hot sandwiches
prepared cold sandwiches
made cookies from scratch
made cookies from a box mix or frozen dough
made dressing for a salad from scratch
made a salad
cleaned vegetables for relish tray
used a prepared pie crust
made a pie crust from scratch
made quick breads
made yeast bread, rolls or bread sticks from scratch
did experiment(s) found in project book
froze food to use at a later date
made poster, mobile or game about foods literature activity
made a snack using microwave
prepared baked product in the microwave
prepared potatoes or vegetables in the microwave
prepared a meat dish in the microwave
made educational poster, mobile or game on microwave tips
set a table correctly
processed vegetables in pressure canner
processed fruit in water bath canner
made jam processed in water bath
made jelly processed in water bath
processed tomatoes in canner
prepared fruit leather
made refrigerator pickles
made homemade or snack pizzas
prepared muffins from scratch
prepared muffins from a mix
made beef jerky
made homemade peanut butter
prepared international foods
attended foods revue
assisted judge at fair or revue
exhibited at the fair
assisted younger members with activities in the foods manual
collected favorite recipes
taught someone younger how to cook

FOOD PRESERVATION SKILLS

Check all that apply to your project this year.

made jam	cold packed tomatoes
made jelly	hot packed tomatoes
made fruit preserves	canned vegetables
used cooked method	canned fish
used no-cooked method	canned meat or poultry
froze vegetables	used hot pack for canning vegetables
froze fruits	used raw pack for canning vegetables
froze fruits with antioxidants	properly washed and sterilized jars
froze fruits without antioxidants	made refrigerator pickles
froze fruits in sugar/syrup	made fruit pickles
used boiling water bath	canned pickle relish
cold packed fruit for canning	canned fresh packed pickles
hot packed fruit for canning	used dehydrator to preserve foods
used pressure canner	used conventional oven to dry foods
attended foods revue	used any other method of preserving not listed
exhibited at fair	

<u>Food Product</u> (name of food product preserved)	<u>Canning Method</u> (hot water bath, Size of pressure canner, container freezer, etc.)	Number of containers I preserved
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Add anything not covered above: _____

You may enhance your record with a story, photos with captions and/or newspaper clippings.