

PORTAGE COUNTY 4-H FOODS PROJECT RECORD

Circle One: Food and Nutrition - Food Preservation

Name: _____ Years in Project _____ Current Year _____

Skills	Learned	Improved
Reading a recipe		
Measure liquid Ingredients		
Measure dry Ingredients		
Handle knives		
Mix ingredients by hand		
Use measuring cups		
Use measuring spoon		
Keep hands clean		
Baking		
Broiling		
Frying, Sauté		
Steaming, Boiling, Poaching		
Chopping, Dicing, Slicing		
Grating, Shaving		
Peeling, Paring		
Label Reading		
Product Comparison		
Menu Planning		

Skills	Learned	Improved
Garnishing		
Use Electric Mixer		
Use Blender		
Use other small Appliance		
Use oven		
Use microwave		
Prepare complete meal		
Plan Party / special event		
Pack a safe lunch		
Explore ethnic foods		
Explore careers / jobs		
Eat a variety of food		
Adequate starch and fiber		
Avoid saturated fat and cholesterol		
Avoid too much sugar		
Control food waste		
Table setting		
Modifying recipes For health		

SKILLS LEARNED OR IMPROVED

Eating Habits:

Record everything you eat and the amount eaten. Use the form below.

Date Picked: _____

Food Pyramid:

Fruits (2 – 4 servings)

Vegetables (3 – 5 servings)

Milk, Yogurt and Cheese
(2 – 3 servings)

Bread, Cereal, Rice & Pasta
(6 – 11 servings)

Meat, Poultry, Fish, Dry Beans,
Eggs, and Nuts (2 -3 servings)

Fats, Oils & Sweets
Use Sparingly

Did you meet the recommended amount of servings for each group?

Yes _____ No _____

Fruits _____ Vegetables _____ Dairy _____ Meat / Protein _____ Other _____

Was the day you picked a typical day? Yes _____ No _____

Explain any changes you would make to improve eating habits.

Tell about one activity you did from the 4 – H project literature.