

4-H Cooking 101

Project Score Sheet

For each year of this 2-3 year book you will need to:

- Prepare a minimum of 2 dishes from each of the **recipe sections** (snacks, side dishes, quick breads, main dishes, desserts) for a total of 10 dishes. Provide information on your completed dishes on a piece of notebook paper (instructions below).
- Complete 2 **learning activities** each year.
- Give a minimum of 3 “**How To**” demonstrations to your helper, club leader or club and have your leader or helper score, date and initial your demonstration in the appropriate section below.
- Complete at least one **community service project** such as baking food for a charity bake sale.
- Complete your **project exhibit**.

Recipe Sections. Prepare 2 dishes from each of the 5 sections below each year. If you do additional activities, please check (v) the activities you want to be graded. Maximum 25 points per year. On a piece of notebook paper list each recipe completed, state how the recipe turned out, and list something you learned through completing the recipe. **Place this in front of the Project Record on page 7 of your project book.**

[illegible][illegible]

Quick Breads (Maximum 5 points)

__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____

Main Dishes (Maximum 5 points)

__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____

Desserts (Maximum 5 points)

__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____
__ Dish _____	Page _____	2.5	_____	_____	_____

Learning Activities. Complete 2 Learning Activities each year. Maximum 10 Points each year. If you do additional activities, please check (v) the activities you want to be graded.

	Possible Points	Year 1	Year 2	Year 3
__ Explore MyPlate Activity	5	_____	_____	_____

(Page 15)				
___ Demonstrate Your Knowledge on Safety Basics	5	_____	_____	_____
(Page 18)				
___ Testing for Microwave-safe Dishes	5	_____	_____	_____
(Page 19)				
___ Mealtime Basics	5	_____	_____	_____
(Page 20)				
___ Measuring Basics	5	_____	_____	_____
(Page 22)				
___ How Much Flour Will a Measuring Cup Hold?	5	_____	_____	_____
(Page 26)				

“How To” Demonstrations. Complete 3 of the **Cooking “How To” Basics** to demonstrate to your project helper, leader or club each year. Maximum 15 points each year. If you do additional activities, please check (v) the activities you want to be graded. Have your project helper or club leader score, initial and date each completed demonstration.

	Possible Points	Year 1	Year 2	Year 3	Project Helper/Leader Initials	
___ How to Follow a Recipe	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Break an Egg	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Melt Fat	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Prepare a Pan	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Flour a Pan	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Use an Electric Mixer	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Use the Oven	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Use a Cutting Board and Knife	5	_____	_____	_____	_____	_____
					Initials	Demonstration Date
___ How to Mix Foods	5	_____	_____	_____	_____	_____

Initials Demonstration Date

___ How to Cook Hard Cook Eggs	5	___	___	___	___	___
					Initials	Demonstration Date

___ How to Wash Fruits and Vegetables	5	___	___	___	___	___
					Initials	Demonstration Date

		Year 1	Year 2	Year 3
___ Activity Record	20	___	___	___
___ Project Exhibit Maximum: 30 points each year.	30	___	___	___

Project Exhibit Instructions:

Year 1: Six (6) oatmeal drop cookies and recipe card, or six (6) frozen oatmeal drop cookies. Display in freezer bag or freezer container. Include index card with instructions for defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Year 2: Six (6) oatmeal muffins (no muffin liners) and recipe card, or six (6) frozen oatmeal muffins. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Year 3: Six (6) cornbread squares and recipe card, or six (6) frozen cornbread squares. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Total Score	100	___
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Judges' Comments:
