

# LANGLADE COUNTY

## FOODS & NUTRITION PROJECT FOR \_\_\_\_\_

Name \_\_\_\_\_

Years in project including this year \_\_\_\_\_

Things I want to learn \_\_\_\_\_

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### Skills Learned or Improved

*To be a better consumer, I learned to . . .*

\ Skills	Learned or Improved		Skills	Learned or Improved	
	This Year	Past Year		This Year	Past Year
Compare prices of various brands before buying			Use coupons to save money when appropriate		
Compare quality of foods versus the price of the food			Read labels for best nutritional buy		
Other:			Other:		

*For my health and well being, I learned how to . .*

Skills	Learned or Improved		Skills	Learned or Improved	
	This Year	Past Year		This Year	Past Year
Plan a nutritious menu			Plan an attractive menu		
Use less salt in foods			Select foods lower in fat		
Exercise to control my weight			Substitute low calorie foods for high		
Get the best food buy			Read labels for nutrition		
Set a table properly			Write a correct menu format		
Other:			Other:		

*To be able to do more advanced cooking, I learned how to . . .*

Skills	Learned or Improved		Skills	Learned or Improved	
	This Year	Past Year		This Year	Past Year
Knead & bake bread			Shape bread for rolls		
Tell when bread is done			Cool bread properly		
Roll and shape pie crust			Bake using a microwave oven		
Other:			Other:		

To be able to handle food correctly, I learned how to . . .

Skills	Learned or Improved		Skills	Learned or Improved	
	This Year	Past Year		This Year	Past Year
Read a recipe			Measure liquid ingredients Correctly		
Measure Dry Ingredients correctly			Sift dry ingredients before measuring		
Sift dry ingredients together			Prepare pan or dish for baking		
Prepare foods using less fat/salt			Use an electric mixer/blender, etc.		
Test baked foods for doneness			Cool foods properly		
Store cold foods in refrigerator			Use a microwave oven for cooking		
Keep hot foods hot while serving			Put away leftover foods immediately		
Other			Kitchen safety (i.e turn pot handles in, use hot pads, etc)		

*Candy Making*

What type of candy did you make this year? \_\_\_\_\_

What skills did you learn? \_\_\_\_\_

*Food Prepared and Served*

<i>Foods prepared this year (for example, from 4-H project book). Comment on things learned as you prepared each food</i>			
Food Prepared	Times Made	Easy or Hard	Comments

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

**Describe or Explain**

- \_\_\_ **Attended project training offered in the county** \_\_\_\_\_
- \_\_\_ **Attended project training offered at district or state level** \_\_\_\_\_
- \_\_\_ **Guidance from a 4-H leader** \_\_\_\_\_
- \_\_\_ **Guidance from a parent** \_\_\_\_\_
- \_\_\_ **Reading and use of literature, books, audio visual resources** \_\_\_\_\_
- \_\_\_ **Guest Presenters** \_\_\_\_\_
- \_\_\_ **Own knowledge** \_\_\_\_\_
- \_\_\_ **Help from friends/other youth** \_\_\_\_\_
- \_\_\_ **Other (describe) \_\_\_\_\_** \_\_\_\_\_