

FOODS & NUTRITION PROJECT RECORD 20 _____

Name _____

Year in Project _____

Grade _____

Project enrolled in _____

List the things studied or made in this project or tours taken. Examples: nutritious snacks, ginger cookies, meal planning, place settings, cheese factory tour, etc. -

Skills Learned

*Check the skills you learned **this year**:*

To be a better consumer I learned to

- _____ Comparing prices of various brands before buying
- _____ Using coupons to save money when appropriate
- _____ Compare quality of foods versus the price

For my health and well being I learned how to

- | | |
|---|-----------------------------------|
| _____ Use less salt in foods | _____ Plan an attractive menu |
| _____ Exercise to maintain a healthy weight | _____ Select foods lower in fat |
| _____ Read labels for nutrition | _____ Eat a variety of foods |
| _____ Substitute low calorie foods for high | _____ Write a correct menu format |
| _____ Choose a diet with plenty of vegetables, fruits & grains (using the Food Guide Pyramid) | |

To be able to handle food properly, I learned how to

- | | |
|--|---------------------------------------|
| _____ Read labels for the best nutritional buy | _____ Cleaned up kitchen |
| _____ Measure liquid ingredients correctly | _____ Read a recipe/collected recipes |
| _____ Measure dry ingredients correctly | _____ Set a table properly |
| _____ Prepare a pan or dish for baking | _____ Cool foods properly |
| _____ Test baked foods for doneness | _____ Use a microwave for cooking |
| _____ Use an electric blender, mixer, etc. | _____ Put leftovers away immediately |

List other skills learned _____

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

- | | |
|-------------------------------|------------------------------|
| _____ Knead & bake bread | _____ Shape bread for rolls |
| _____ Tell when bread is done | _____ Cool bread properly |
| _____ Roll & shape pie crust | _____ Bake using a microwave |

