4-H | WORKSHEET

4-H Cooking Project Record

A 4-H cooking project record for members to document goals, activities, costs, and lessons learned so the year's work can be summarized and reviewed. Print it free, fill in each line by hand, and keep the page with your records.

Farm / unit: _____ Date: _____ By: _____

Name, club, and project year _____

Meals prepared _____

Cooking methods practiced _____

Knife and kitchen safety learned _____

Food safety steps followed _____

Menu planning work _____

Family feedback _____

Skills I want to improve _____

NOTES / CALCULATIONS

TIP Cook with an adult nearby for knife and heat tasks, and record what you learned from each meal.