DODGE COUNTY FOODS & NUTRITION RECORD

Include the following in your project record:

- Summary Sheet of current & previous years’ progress (This sheet stays in your record book and is updated yearly with a BRIEF statement of the year’s accomplishments.)
- Grade in school & number of years in project
- Project Story/Outline/List (Include goals for the year, sources of help, project-related activities, problems encountered, accomplishments, what you learned, examples of leadership and/or growth, etc.)
- Listing of ALL Items made September 1 - August 31 (Follow the format below.) *
- Detailed Information on Two Items (Grade 4-8) or Three Items (Grade 9+) Made (See guidelines below.) #
- Up to Six (6) Photographs or Newspaper Clippings (preferably illustrating some of your project activities)

* Sample Format for Listing of Items Made

<table>
<thead>
<tr>
<th>Date</th>
<th>Item Made</th>
<th>Food Pyramid Group</th>
<th>Identify Main Group(s)</th>
<th>Comments/Suggestions</th>
</tr>
</thead>
<tbody>
<tr>
<td>09-15-06</td>
<td>Cranberry Applesauce</td>
<td>Fruits</td>
<td></td>
<td>Preparation time was longer than expected.</td>
</tr>
<tr>
<td>09-30-06</td>
<td>Bran Muffins</td>
<td>Grains</td>
<td></td>
<td>Over mixed batter causing tunnels.</td>
</tr>
</tbody>
</table>

# Guidelines for Required Detailed Information

Grade 4-8: Choose any two items made.
Grade 9+: Choose one entrée
          one salad or side dish AND
          one other item (bread, soup, dessert, etc. made)

Be sure to include the following information for EACH item:
  Item Made
  Date Made
  Actual Recipe
  # of Servings
  Listing of Main Ingredients and their Individual Costs
  Cost per Serving
  Key Nutrients (such as Vitamin A, protein, calcium, etc.)
  Techniques Learned
  Problems Encountered & Possible Solutions