



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

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

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

