Osborne County 4-H Foods & Nutrition Project Record

A completed Project Record is needed for each foods and nutrition exhibit entered online at FairEntry. Bring the completed document to judging, or the exhibit will be lowered one ribbon placing. After judging, this Project Record and the entry card need to be securely attached to the exhibit for display. The document can be handwritten or typed. If additional space is needed, you may attach an 8 ½" x 11" sheet of paper. Do not simply attach a printed copy directly from a recipe source (website, cookbook) as they are difficult for judges to quickly reference.

Exhibitor Name: _____ **Club:** _____

School: _____ **Grade in Fall:** _____

4-H Age (as of Jan. 1): _____ **Years in 4-H:** _____ **Years in Foods & Nutrition Project:** _____

Describe why you chose to prepare this particular foods and nutrition exhibit for the fair.

_____

_____

_____

Member Signature _____

Select Level: Level 1 ____ Level 2 ____ Level 3 ____ Level 4 ____

Class Number: _____ **Class Name:** _____

Recipe Title: _____

Recipe Source (cookbook, website, etc.) and Date Accessed (print date, edition, etc.):

_____

Ingredient List and Amount of Each Item:

_____

_____

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Preparation Step-by-Step Instructions:

Food Safety Considerations (preparation and storage):

Other Information, if necessary (health considerations, serving sizes, nutrition facts, special cookware, etc.):

Food Preservation Considerations (processing method, processing time, location where processed and altitude):

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