

### FOOD WORKS SCORE SHEET

Each year, complete a minimum of **three** (3) activities, each from a different “bite” category. If you do additional activities, please mark the **three** (3) activities you want to be graded. Record in your Foodworks notebook the what, when, where, and how you accomplished each selected “Extra Bite” activity. Include your notebook with your project book for grading. Within the three-year project period, you should complete at least **six** (6) activities, at least one activity from each of the six “bite” categories. (**Maximum: 30 points only.**)

	Possible Points	Score First Year	Score Second Year	Score Third Year
<i>Bite 1: Healthy Food Selection</i>				
<input type="checkbox"/> Cooking with children (pages 8-9)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 9)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Finding help (pages 10-11)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 11)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> More than vegetables (pages 12-13)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 13)	<u>10</u>	_____	_____	_____
<i>Bite 2: Smart Food Purchasing</i>				
<input type="checkbox"/> Precycle before you recycle! (pages 14-15)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 15)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Divide in two (pages 16-17)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 17)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Food budgets (pages 18-19)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 18)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Eating out (pages 20-21)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 21)	<u>10</u>	_____	_____	_____
<i>Bite 3: Food Safety and Science</i>				
<input type="checkbox"/> When the power's out (pages 22-23)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 23)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Turkey safety (pages 24-25)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 25)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Marinade madness (pages 26-27)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 27)	<u>10</u>	_____	_____	_____
<i>Bite 4: Food Preparation</i>				
<input type="checkbox"/> Meat loaf (pages 28-29)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 29)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Oven-baked fish (pages 30-31)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 31)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Perfect pies (pages 32-33)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 33)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Sizzling chicken (pages 34-35)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 35)	<u>10</u>	_____	_____	_____

*Bite 5: Food Preservation*

<input type="checkbox"/> Pressure canning (pages 38-41)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 40)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Jelly jamboree (pages 42-43)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 43)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Freezer smarts (pages 44-45)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 45)	<u>10</u>	_____	_____	_____

*Bite 6: Careers and Foods Around the World*

<input type="checkbox"/> Cater a party (pages 46-47)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 47)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Planning with exchanges (pages 48-49)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 49)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Greek baklava (pages 50-51)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 51)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Mexican flan (pages 52-53)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 53)	<u>10</u>	_____	_____	_____

My Own "Extra Bite" Activities

_____	<u>10</u>	_____	_____	_____
_____	<u>10</u>	_____	_____	_____

Foodworks Record Sheet Year 1 (page 55)	<u>20</u>	_____	_____	_____
Foodworks Record Sheet Year 2 (page 56)	<u>20</u>	_____	_____	_____
Foodworks Record Sheet Year 3 (page 57)	<u>20</u>	_____	_____	_____

Exhibit: (**Maximum: 30 points only**) 30 \_\_\_\_\_

**Year 1:**

- A single or double crust baked fruit pie (no graham cracker crust). (Note: Custards, cream, cream cheese frosting and fillings, and raw egg white frosting are not acceptable in an exhibit.), or
- One (1) jar of pressure canned vegetables, meat, or combination product, such as soup, stew, spaghetti sauce with meat, etc. Include index card with recipe and instructions for cooking or using the product. Label with product name, quantity, and date canned.

**Year 2:**

- A nonperishable international food product (such as apple strudel, French bread, Mexican wedding cakes, fortune cookies, etc.) with a separate page describing the food customs of the country where the food comes from and how this product is used in relationship to that country's customs. (Note: Custards, cream, cream cheese frosting and fillings, and raw egg white frosting are not acceptable in an exhibit.), or
- A table display on a country outlining food preferences, meal patterns, how nutritional needs are met, interesting customs, etc. Display should be no larger than 16" deep x 22" wide x 28" high, or
- One (1) package of a frozen entrée such as a casserole, hearty soup, or vegetable dish in a freezer container. Exhibit should include an index card with recipe and instructions for reheating. Containers should be labeled with product name, quantity, and date frozen.

**Year 3:**

- A nonperishable special occasion or catered meal food product (e.g. an appetizer, holiday food, special occasion cake, altered recipe product, etc.) with a separate page telling how this product will be used at the event, or
- A table display for a special occasion or catered meal. The display should include a notebook outlining menu, supplies to buy, preparation schedule, equipment, table layout, etc. Display should be no larger than 16" deep x 22" wide x 29" high, or
- A jar of cooked jelly or a reduced sugar fruit spread. Include recipe card. Label with product name, quantity, and date made.

Activity Record	<u>20</u>	_____	_____	_____
Total Score	<u>100</u>	_____	_____	_____

Judges Comments: \_\_\_\_\_

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Director, Cooperative Extension Service, West Virginia University.

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