

YOU'RE THE CHEF 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 You're the Chef 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 a minimum of **nine** (9) 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"/> Fit is in! (pages 6-7)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 7)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Get the facts on fads (pages 8-9)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 9)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Emotions, eating, and you (pages 10-11)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 11)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Lean on! (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"/> Slow, moist, and tender (pages 14-15)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 15)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Crazy casseroles (pages 16-17)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 17)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Don't throw it out! (pages 18-19)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 19)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> A five-pound deal (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"/> Slow them down (pages 22-23)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 23)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Emulsions (pages 24-25)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 25)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Spoilers or helpers? (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"/> Ring around (pages 30-31)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 31)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Whole meal deal (pages 32-33)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 33)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Breadsticks for a crowd! (pages 34-35)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 35)	<u>10</u>	_____	_____	_____

<input type="checkbox"/> Do a stir-fry (pages 36-37)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 37)	<u>10</u>	_____	_____	_____
<i>Bite 5: Food Preservation</i>				
<input type="checkbox"/> Zesty salsa (pages 40-41)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 41)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Jiffy jam (pages 42-43)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 43)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Pucker up! (pages 44-45)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 45)	<u>10</u>	_____	_____	_____
<i>Bite 6: Careers and Foods Around the World</i>				
<input type="checkbox"/> Food photography (pages 46-47)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 47)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Invent a snack (pages 48-49)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 49)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> India chicken curry (pages 50-51)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 51)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> New Zealand paraoa parai (pages 52-53)	<u>10</u>	_____	_____	_____
<input type="checkbox"/> Extra bite (page 53)	<u>10</u>	_____	_____	_____
<i>My Own "Extra Bite" Activities</i>				
_____	<u>10</u>	_____	_____	_____
_____	<u>10</u>	_____	_____	_____
You're the Chef Record Sheet Year 1 (page 55)	<u>20</u>	_____	_____	_____
You're the Chef Record Sheet Year 2 (page 56)	<u>20</u>	_____	_____	_____
You're the Chef Record Sheet Year 3 (page 57)	<u>20</u>	_____	_____	_____
Exhibit (Maximum: 30 points only)	<u>30</u>	_____	_____	_____
Year 1:				
<ul style="list-style-type: none"> ▪ Six (6) yeast breadsticks or yeast rolls (any shape, medium size—not a sweet roll) and recipe card, or ▪ One (1) container of freezer jam. Include index card with recipe and instructions for storing. Label with name or product, quantity, and date frozen. 				
Year 2:				
<ul style="list-style-type: none"> ▪ A yeast bread (can be loaf, braid, but not rolls) using a specialty grain such as whole wheat, rye, oat bran, etc. or a sweet bread such as tea ring and recipe card, or ▪ One (1) jar of a canned tomato product using the Hot Pack Method for a boiling water bath canner, such as tomato juice, catsup, barbecue sauce, or salsa. Include index card with recipe and instructions for cooking or using the product. Label with name of product, quantity, and date canned. 				
Year 3:				
<ul style="list-style-type: none"> ▪ One (1) package of a non-perishable invented snack such as a granola bar, brownie, fudge, fruit leather, popcorn snack, trail mix, etc. Exhibit must include a separate folder containing a marketing plan with product name, recipe, how it will be packaged, a package design, where it will be sold, and suggested selling price. Label should include product name, date, quantity, and serving size, or ▪ One (1) jar of canned pickles or canned pickled product. Include index card with recipe and storage instructions. Label with product name, quantity, and date canned. Include index card with recipe and storage instructions. 				
Activity Record	<u>20</u>	_____	_____	_____
Total Score	<u>100</u>	_____	_____	_____

Judges Comments: _____

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