

Food Project Portfolio Tips:

- One page (one-sided), 8 ½ X 11" – one page per activity area in the project book
 - May be all one or different styles of presentation. Be descriptive! Reflect on your learning experiences regardless of style used. No need to scrapbook – content, including learning and reflection is the key.

- Examples of content:
 - Journaling
 - This was my first year taking a foods project. My mom and I started the activity by just opening the kitchen drawer and trying to learn all of the different utensils used in cooking. It is important that I know these utensils and what they are used for to make sure I am safe when cooking and the food I make is safe to eat. My mom asked me what each utensil was used for. Sometimes I had to guess because I had never seen some of these utensils before. We had a fun time learning together!

 - Timeline
 - Monday, May 7, 2018
 - I found as many kitchen utensils as I could
 - My mom asked me to guess what each one was used for in cooking
 - My mom showed me the proper way to use each utensil
 - After we went through at least 15 items, my mom gave me a quiz on the utensils. I almost got them all correct! We did it again and I got everything correct. I was proud of myself!
 - I completed the questions in my project book (page 15)
 - As I started cooking, my mom reviewed the kitchen utensils I would be using.

 - Photos



I am learning about using different utensils. This is wooden spoon. I am careful not to overmix the batter and not make a mess. I learned how to use a variety of cooking utensils. My mom made me learn how each one was used. I had fun learning about each one. Now I know which utensil to use when I cook. Cooking is a lot easier now.

Villard Overocker, May 2018