

- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #1

Recipe Name: _____

Where did you find the recipe:

- From a cookbook (name and author): _____
- From a website (URL): _____
- From a family member/friend: _____
- From another source: _____

Is there a particular story or memory associated with this recipe? Yes No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #2

Recipe Name: _____

Where did you find the recipe:

- From a cookbook (name and author): _____
- From a website (URL): _____
- From a family member/friend: _____
- From another source: _____

Is there a particular story or memory associated with this recipe? Yes No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #3

Recipe Name: _____

Where did you find the recipe:

- From a cookbook (name and author): _____
- From a website (URL): _____
- From a family member/friend: _____
- From another source: _____

Is there a particular story or memory associated with this recipe? Yes No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #4

Recipe Name: _____

Where did you find the recipe:

- From a cookbook (name and author): _____
- From a website (URL): _____
- From a family member/friend: _____
- From another source: _____

Is there a particular story or memory associated with this recipe? Yes No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Use one form for each recipe prepared
- Take at least one picture of each recipe as you work and include these with your report
- This form can now be filled out and submitted digitally. Just sign in to the "Members Login" section of www.sonsofnorway.com to find a digital copy of this form that you can fill out, save and email with the rest of your report.

TRADITIONAL NORWEGIAN COOKING RECIPE REVIEW FORM - PART 1

RECIPE #5

Recipe Name: _____

Where did you find the recipe:

- From a cookbook (name and author): _____
- From a website (URL): _____
- From a family member/friend: _____
- From another source: _____

Is there a particular story or memory associated with this recipe? Yes No

If yes, please share. _____

What challenges did you encounter as you prepared the recipe (i.e. difficulty finding ingredients, difficulty converting measurements, confusing instructions, etc.)? _____

What recommendation(s) would you make to others who are preparing this recipe?

Would you prepare this recipe again? If yes, what changes would you make, if any?

If you would not prepare this recipe again, why not? _____

What do you learn from preparing the recipe? _____

Other comments: _____



- Send materials by email or mail to your lodge or district cultural officer, who will order your pin from the Lodge Leader Supply Store.
- Keep a copy of your report for your records.

PIN APPLICATION FORM - TRADITIONAL NORWEGIAN COOKING PART 1

CONTACT INFORMATION:

Name: _____

Mailing address: _____ City: _____

State/Province: _____ Zip/Postal Code: _____

E-mail address: _____ Phone: (____) _____

LODGE AFFILIATION INFORMATION:

(Required) Membership #: _____

District #: _____ Lodge #: _____

Attached are (all required):

1. For activity 1:

- Recipe review forms (5)
- Recipe photos (5)

2. Elective activity # _____

- Summary about your elective, if required
- Any additional attachments required for this elective (photos, copies of patterns, articles, entry forms, etc.)

3. Evaluation Form

Have you received any Cultural Skills Program pins previously? Yes No

If yes, please list: _____



UNIT EVALUATION FORM - TRADITIONAL NORWEGIAN COOKING PART 1

For each of the four questions below, please check the box that fits your opinion most accurately.

	Agree	Disagree
1 Instructions for this part were easy to follow.	<input type="checkbox"/>	<input type="checkbox"/>
2 Requirements for this part were reasonable.	<input type="checkbox"/>	<input type="checkbox"/>
3 Elective activities provided a lot of choices.	<input type="checkbox"/>	<input type="checkbox"/>
4 Required activities were interesting.	<input type="checkbox"/>	<input type="checkbox"/>

This part has (check all that apply):

- Helped me gain a better appreciation of Norwegian heritage & culture.
- Increased my involvement with other lodge members (such as participation in formal & informal discussions, presentations, formal group activities, etc.).
- Increased the interest of my lodge in the Cultural Skills Program because of my participation through special interest groups, presentations, or cultural fairs.
- Offered me an opportunity to involve or pass on this skill/interest to family members or other interested individuals.

I found these resources (cookbooks, websites, blogs, etc.) to be particularly valuable and would recommend their inclusion on a list for future participants:

FEEDBACK: To improve the unit, please add comments and suggestions. Your comments are confidential and in no way affect the awarding of your earned pin or bar.

Email this form to culturalskills@sofn.com (preferred) or send it by mail to:

Sons of Norway
Cultural Skills Program
1455 West Lake Street
Minneapolis, MN 55408

