

- 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 3

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 3

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 3

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 3

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 3

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:



- For expedited processing, send materials by email to culturalskills@sofn.com. Reports and pictures can be sent as attachments.
- 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.
- Materials sent by mail may take additional time to process. Mail all materials to:
Sons of Norway
Cultural Skills Program
1455 West Lake St.
Minneapolis, MN 55408
- ★ Please make copies of materials sent by mail. Original items cannot be returned.

PIN APPLICATION FORM - TRADITIONAL NORWEGIAN COOKING PART 3

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):

- For activity 1:
 - Recipe review forms (5)
 - Recipe photos (5)
- Elective activity # _____
 - Summary about your elective, if required
 - Any additional attachments required for this elective (photos, copies of patterns, articles, entry forms, etc.)
- Evaluation Form

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

If yes, please list: _____

Signature (Cultural Skills Applicant)** _____ Date _____

***By signing this form and accepting awards you are giving Sons of Norway Headquarters permission to use your photos in future promotional materials.*

FOR LODGE CULTURAL SKILLS ADMINISTRATOR OR DESIGNATED LODGE OFFICER USE ONLY

 (Signature and Printed Name of Lodge Cultural Skills Admin/Officer) _____ Date _____

Lodge Cultural Skills Admin/Officer Mailing Address: _____

City: _____ State: _____ Zip: _____

E- Mail address: _____ Tel:(____) _____

FOR SONS OF NORWAY HEADQUARTERS USE ONLY

 (Signature of Evaluator) _____ Date _____



UNIT EVALUATION FORM - TRADITIONAL NORWEGIAN COOKING PART 3

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, 2nd Floor
Minneapolis, MN 55408

