

My 4-H Project Record

Food Nutrition & Health



McLean County

Name: _____

4-H Year: _____

4-H Club: _____

Age: _____

Please circle the project(s) you are taking:

4-H Cooking 101*

Breads & Cereals

Cake Decorating

Candy Making

Dairy Foods

Exploring Our Food
Heritage

Fruits & Vegetables

Food Preservation

International Foods

Meat & Other Protein
Sources

Microwave Magic

Outdoor Meals

Sports Nutrition

Teens Entertain

Health

* Let's Start Cooking, Tricks for Treats, and You Learn to Bake have been replaced by 4-H Cooking 101.

Goals: *What do I want to do?*

Examples of Goals:

_____ Learn a new skill

_____ Learn more about project

_____ Learn about Food Pyramid

_____ Follow a recipe

_____ Talk or demonstration

_____ Complete a project

_____ Take a project to the fair

_____ Explore careers in project

_____ Talk to someone who works in this field

_____ Make healthy food choices

Add your own goals:

What did I do in Food, Nutrition & Health?

Size & Growth

List how many times you practiced your project, items made, items needed for project, and any income or expenses. Example: helped or cooked dinner for family (10 times), cookie bake sale: ingredients cost - \$10; 5 dozen cookies sold \$50.

What did I learn?

Knowledge & Skills: List what you learned this year related to your project area. Examples: follow recipe, measure flour, cooking differences between gas and electric stove, learned how candy is mass produced.

I learned to:



What did I learn? (Continued)

Knowledge & Skills: List challenges you encountered and memories you made, and what you learned from them for future 4-H story ideas.

My memories: Example memories: extreme humidity week before fair made candy not set; need to turn on air conditioning if weather is humid.

Participation in Food, Nutrition & Health

List participation related to your project area(s). Examples: toured candy factory, attended workshop related to project area, state fair open show.

Leadership in Food, Nutrition & Health

List activities in this project area only, where you led others; include the number of people you led. Examples: organized bake sale, sold \$50 in cookies, 30 people attended; taught younger club members how to break egg correctly when cooking (6 members).

Community Service, in Food, Nutrition & Health

List activities that you participated in and where you helped others in your project area(s). Example: baked cookies for 60 nursing home residents (4 dozen).
