

Knowledge and Skills

The 4-H Foods and Nutrition project is more than just preparing food, meals, and snacks. Describe below what you've learned or done this year in the following areas.

Consumerism

Nutritional value for cost, homemade versus purchased, quality, availability of foods, labeling, packaging, etc.

Food Storage

Tell what you learned about safe storage of foods after purchase and after preparation, and how and why they are stored as they are.

Management

Describe what you learned as you managed meal planning, equipment, time, serving, and clean-up.

Food and Equipment Safety

Explain what you learned about food safety and the safe use of appliances and kitchen equipment (microwave, knives, cutting boards, etc.)

Record Review and Comments

_____ has completed his/her records and I have reviewed them with him/her.
(name of member)

Comments by leader _____

Signed _____ 4-H Leader
(parent may sign for individual member)



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