4-H Food and Nutrition Record
(Intermediate and Senior)

Name _____________________________________ Boy ___ Girl ___ Grade in school ____ Year born__________
(first)    (last)              (year)

Club name _________________________________ Leader _________________________ County _______________

Year in 4-H _____ Year in this project _____ Date project started: 10/01/_______ Date project closed: 09/30/ _______
(year)           (year)

A record is part of your 4-H project. Keep your record neat, clean, and up-to-date. If you need help, ask your parents or leader.

SETTING A GOAL

Things I Hope to Do and Learn This Year
About what topics do I want to learn more? In which activities do I want to participate? What topic/activity that I’ve never explored do I want to try this year?

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SHARING WHAT I LEARNED AND ACCOMPLISHED

Food-Related Things I Did and Learned This Year
What did I do with my club or on my own, related to food? (Explain club food sessions, community service related to foods, etc.) What did I do for contests such as county/state Food Preparation, Food Judging)? (Identify contest, recipe names, i.e. Mini Meal, Pork Tenders, etc and explain what learned.)

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Food / Meals I Made During the Year

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<th>Food/meals prepared</th>
<th># times prepared</th>
<th>Main nutrients</th>
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If additional space is needed, continue on backside or additional page.

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.

________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________
Knowledge and Skills continued

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.)

________________________________________________________________________________________________
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________________________________________________________________________________________________

EVALUATE

Did I reach my goal? How did I do? How did I feel about my work? If I could change something, what would I do differently next time?

________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________

How did I learn about the topics that interested me? Who helped me, what were my sources?

________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________

How did I share what I learned? How did others respond?

________________________________________________________________________________________________
________________________________________________________________________________________________
________________________________________________________________________________________________

PROJECT REVIEW AND COMMENTS

_____________________________ has completed his/her record and I have reviewed it with him/her.

(Member)

Comments by leader:

________________________________________________________________________________________________
________________________________________________________________________________________________

Signed ____________________________ 4-H Leader

(Parent may sign for individual member)