

Food & Nutrition Award



This award will be presented to individuals who can demonstrate that they are a well rounded 4H'er in the Food project by participating in at least 4 areas at fair and 2 outside of fair. Turn this completed form into the 4H fair office by 5pm Wednesday of fair. It can only be earned once per level – Junior, Intermediate, Senior.

Name _____

Grade _____ Phone _____

Foods & Nutrition Phase 1 2 3 4 5 6 7 8 9

Food Preservation Phase: Beginning Expanding Advanced

Leader _____

Parent or Leader Signature _____

I participated in the following activities at fair...

- Static exhibit – food item How many _____
- Static exhibit – non food item How many _____
- Food preservation static exhibit How many _____
- Foods judging contest
- Cake Decorating Contest at fair
- Presentation – related to Foods & Nutrition
Title _____
- Educational display - related to Foods & Nutrition
Subject _____
- Helping Foods Superintendent
- Food contest – Please list all

I participated in the following activities outside of fair as related to my Food & Nutrition project...

- Big Food Fun Day – Please list contests
- Teaching other 4Her's (explain)
- Teaching a county or state workshop (explain)
- Attending a workshop (explain)
- Helping the superintendent (explain)
- Community Service (explain)
- Other (explain)