



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 _____ Date project closed _____
(mo/day/year) (mo/day/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.

Things I Hope to Do and Learn This Year

Step 1. – Set a goal.

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?

Step 2. – Make a preliminary plan.

What will I need to carry out the goals I listed above? Where can I get information that will help me reach my goals? Are there people in my community who can and will help?

How can I share what I've learned?

Preliminary plan

Activities I want to participate in _____

Topics I want to learn about _____

Ways I will share _____

Step 3. – Carry out your plan.

What I plan to do	When I plan to do it	Date it is completed

Step 4. – 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? What did I learn in the activities in which I participated?

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

Food / Meals Evaluation

Food/meals prepared	# times prepared	Main nutrients	Evaluation of product (color, texture, flavor, recipe)

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.)

Project Review and Comments

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

Comments by leader: _____

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