

## **4-H Food and Nutrition Record**

## (Junior)

Name		Boy Girl	Grade in school	Year born
	(last)			(year)
Club name		Leader	Coun	
Year in 4-H	Year in this project			
		(m	no/day/year)	(mo/day/year)
parents or leader.		e to Do and Lea	rn This Year	

## **Food / Meals Evaluation**

Food/meals prepared	# times prepared	Main nutrients	Evaluation of product (color, texture, flavor, recipe)
The state of the s			(1117)



## **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.

<b>Consumerism</b> 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.)
<b>Project Review and Comments</b>
has completed his/her records and I have reviewed them with him/her.  (Member)
Comments by leader:
Signed4-H Leader (Parent may sign for individual member)

4-H 9301R – page 2

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