

4-H Food and Nutrition Record (Junior)

Name	Leader Date project started	Cou	nty
Year in 4-H Year in this project	Date project started _		
		Date proje	ct closed
		(mo/aav/vear)	
leader.	ecord neat, clean, and up		
Things I Hop	e to Do and Lea	arn This Year	

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, homemad	e versus purchased, quality, availability of foods, labeling, packaging, etc.
Food Storage Tell what you learned about safe sto are stored as they are.	rage of foods after purchase and after preparation, and how and why they
Management Describe what you learned as you m	anaged meal planning, equipment, time, serving and clean-up.
Food and Equipment Safety Explain what you learned about food knives, cutting boards, etc.)	d safety and the safe use of appliances and kitchen equipment (microwave,
Pr	oject Review and Comments
	has completed his/her records and I have reviewed them with him/her.
(Member)	<u> </u>
Comments by leader:	
	Signed4-H Leader (Parent may sign for individual member)

4-H 9301R - page 2

© 2008 Oregon State University. This publication may be photocopied or reprinted in its entirety for noncommercial purposes. Produced and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914. Extension work is a cooperative program of Oregon State University, the U.S. Department of Agriculture, and Oregon counties. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Revised July 2008.