

# 4-H Food and Nutrition Record

(Junior)

B. Boltes

Name \_\_\_\_\_ Girl \_\_\_\_\_ Boy \_\_\_\_\_ Grade \_\_\_\_\_ Yr. born \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Club name \_\_\_\_\_ Leader \_\_\_\_\_

Year in 4-H \_\_\_\_\_ Year in project \_\_\_\_\_ Date record started \_\_\_\_\_ Date record finished \_\_\_\_\_

A record is part of your 4-H project. Keep your record neat, clean, and up to date. Pencil is recommended. If you need help, ask your parents or leader. If you need more space, add notebook paper.

**Things I hope to do and learn this year** \_\_\_\_\_

**Food/meals evaluation** \_\_\_\_\_

Food/meals prepared	Number of times prepared	Main nutrients	Evaluation of product overall: color, texture, flavor, recipe

Barbara Boltes, Extension specialist, 4-H and youth development, Oregon State University. Prepared with the assistance of the 4-H Home Economics Development Committee.



## 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.



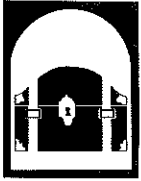
### Consumerism

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.)

---

---

---

## Record review

\_\_\_\_\_ has completed his/her records and I have reviewed them with him/her.  
(name of member)

Comments by parent/leader \_\_\_\_\_

Signed, \_\_\_\_\_, 4-H leader.



Extension Service, Oregon State University, Corvallis, O.E. Smith, director. This publication was 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 regard to race, color, national origin, sex, or disability as required by Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973. Oregon State University Extension Service is an Equal Opportunity Employer.