



# 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?

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### 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?

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How can I share what I've learned?

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### Preliminary plan

Activities I want to participate in \_\_\_\_\_

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Topics I want to learn about \_\_\_\_\_

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Ways I will share \_\_\_\_\_

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**Step 3. – Carry out your plan.**

| What I plan to do | When I plan to do it | Date it is completed |
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**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?

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How did I learn about the topics that interested me? What did I learn in the activities in which I participated?

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

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**Food / Meals Evaluation**

| <b>Food/meals prepared</b> | <b># times prepared</b> | <b>Main nutrients</b> | <b>Evaluation of product</b><br>(color, texture, flavor, recipe) |
|----------------------------|-------------------------|-----------------------|--|
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## 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.

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### 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.

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### Management

Describe what you learned as you managed meal planning, equipment, time, serving, and clean-up.

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### 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.)

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## 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)