

4-H Foods Record

Name _____ County _____ Grade _____ Year born _____

Address _____ City _____ Zip _____

Club name _____ Leader _____

Year in 4-H _____ Year in project _____ Date record started _____, 19____ Date record closed _____, 19____

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 Plan to Do and Learn This Year

Important Things I Learned*

Ways I Shared What I Learned**

* Intermediates and seniors may fill out page 4 instead of this section.

** Examples include presentations, displays, exhibits, making gifts for others, teaching someone a skill you've learned.



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Foods Prepared

(Foods prepared often may be written down only once if you like—see example below for scrambled eggs.)

Foods prepared	*	How did you do? Comment on quality, color, flavor, texture, skills learned, etc.
<i>Examples:</i> Oatmeal muffins Stir-fried broccoli Scrambled eggs—6 times	*	<i>A few tunnels—maybe I mixed too much. Crisp and bright green—tasted great! My first time at stir frying. All were OK, but found out that low heat gives better texture and flavor than high heat.</i>

* If you worked with someone else, put a * in this column. If you did all the work yourself, leave this column blank.

TOTAL TIMES FOODS PREPARED with someone else: by yourself:

Meals and Snacks Prepared

No. of people served/occasion	*	Foods served	How did you do? (successes, suggestions for improvement, skills learned, etc.)
<i>Examples:</i> 10—snack for photography club 5—lunch for family 5—practice for county mini-meal contest, served family supper		Chocolate chip brownies and milk Toasted cheese sandwiches, cream of chicken soup, milk Spaghetti with meat sauce, garden salad with Italian dressing, garlic bread	Everybody liked the brownies—they asked me to bring the recipe to the next meeting! The milk was good with brownies. Could use more color and flavor contrast. Perhaps too many dairy products at one meal to be interesting. I added more garlic and oregano to the meat sauce this time and we liked it better. It was hard to get everything done at the same time—next time I'll make the salad dressing first!

* If you worked with someone else, put a * in this column. If you did all the work yourself, leave this column blank.

TOTALS: Meals Snacks Number of people served

Learning Activities

(This section is optional for juniors, but recommended for intermediates and seniors, 7th grade and up.)

This 4-H Foods project is more than just preparing foods, meals, and snacks. Describe what you've learned or done this year in any or all of the six learning areas listed below. (Examples of activities in each learning area are outlined in "4-H Food Preparation Project Guidelines for Leaders.")

Serving and Courtesy: _____

Food Safety and Storage: _____

Nutrition: _____

Management: _____

Consumership: _____

Selecting and preparing foods (new skills learned): _____
