4-H Food and Nutrition Record
(Junior)

Name_________________________________________ Girl_____ Boy____ Age_____ Year born _____________ (first) (last)

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. If you need more space, insert another sheet of lined paper.

Things I Hope to Do and Learn This Year
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________
__________________________________________________________________________________________________

Food / Meals Evaluation

<table>
<thead>
<tr>
<th>Food/meals prepared</th>
<th># times prepared</th>
<th>Main nutrients</th>
<th>Overall evaluation of product (color, texture, flavor, recipe)</th>
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Oregon State University Extension Service
4-H Youth Development

September 2012
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
Share what you have learned about comparison shopping, nutritional value for cost, homemade versus purchased, quality, labeling, and food packaging.

__________________________________________________________________________________________________

Nutrition and Health
Tell what you learned about healthy nutrition choices, physical activity, altering recipes, and personal habits.

__________________________________________________________________________________________________

Science and Management
Describe what you learned as you managed time, equipment, and meal planning, as well what you learned through various science investigations.

__________________________________________________________________________________________________

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 and Comments
____________________________________ has completed their records and I have reviewed them with him/her.

(Member)

Comments by leader: _________________________________________________________________

__________________________________________________________________________________________________

Signed _____________________________ 4-H Leader

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