



4-H Food and Nutrition Record (Intermediate and Senior)

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.

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?

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? Who are the people in my community who can help, and how can I use their help?

How can I share what I've learned?

Preliminary plan

Activities I want to participate in:

Topics I want to learn about:

Ways I will share:

Step 3. – Carry out your plan.

What I plan to do	When I plan to do it	Date it is completed

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?

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

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

Food / Meals Evaluation

Food/meals prepared	# times prepared	Main nutrients	Overall 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

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 as 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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