



# 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

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 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

© 2012 Oregon State University 4-H Youth Development. This publication was adapted from 4-H 9302R by Pamela Rose, State 4-H Coordinator, Oregon State University, with the assistance of the Oregon 4-H Food and Nutrition Curriculum Committee. Oregon State University Extension Service offers educational programs, activities, and materials— *without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status.* Oregon State University Extension Service is an Equal Opportunity Employer.