4-H Food & Nutrition

Annual Record Book

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years in 4-H: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Years in Food & Nutrition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Record Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Project Plan for Year

What I want to learn in this project? (What are my goals?)

What I plan to do in this project (How will I reach my goals?):

How will the costs and profits be shared with parents/sponsors? (Ex, cost of ingredients, tools, time to use kitchen, profits from bake sale, etc…)

Experience:

Name of Food Project Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Date Started: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Number of Meetings Held: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Number I Attended: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Examples of activities/skills:

Advanced (Sr.) (in addition to Jr skills & knowledge):

-Ingredient type (processed,local)  
-Ingredient purpose (flavor, texture)  
-Compare & contrast benefits & barriers to practicing good nutrition   
-Advanced cooking techniques  
-Recipe modification  
-Food shopping   
-Understanding purpose of specific nutrients

Beginners (Jr.):

-Goal setting  
-Measuring skills   
-Following written directions -Basic cooking techniques  
-Adding together cost of ingredients  
-Recognize relationship between healthy  
 eating and personal health  
-Recognize relationship between family  
 and culture on nutrition practices  
-Understanding basic nutrition

What did you learn about measuring during this project? Did you have all of the tools necessary for measuring out ingredients?

While working on this project was there any time(s) when you missed a step in a recipe? Did it affect your recipe negatively?

What are some negative health issues that can result from unhealthy eating habits? List at least two:

Write a paragraph (or more) about a recipe that means a lot to you (ex: a family recipe). Where did this recipe come from? (Friend? Family? Other?) Why is this recipe important to you? What sort of culture might this recipe represent?

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Please list the activities you completed with this project:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you do any other activities during this project? Please list any presentations, community service, exhibits, tours, junior leadership activities, etc… and describe what you did: (ex: volunteering at a soup kitchen, visiting the health department, touring a grocery store or restaurant)

Did you complete any classes or take any instruction while completing this project? (ex: taking cooking classes, taking a nutrition course) Please list and describe:

During the project year, I helped with (Check which applies):

**Seldom Sometimes Often**

Meal Planning \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_  
Meal Preparation \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_  
Serving Meals \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_  
Food Shopping \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

Nutrition:

What did you learn about nutrition from completing this project? How can you use this knowledge to improve the nutrition of yourself and others?

Have your eating habits changed at all after learning information from this project? How?

Will you share your knowledge of nutrition with your family, friends, and the community? Why or why not?

Evaluation

Did you reach your goals for this project? Why or why not?

What worked really well? What didn’t work well? What things do you need to change or improve? How could you better reach any goals that you did not?

What were the most important things you learned from this project?

Did you enjoy this project? Why or why not?