



NEW YORK STATE

4-H

# NYS 4-H Universal Evaluation & Information Sheet - *Food and Nutrition*

## Self-Reflection/4-H Story

Name \_\_\_\_\_

District/County \_\_\_\_\_

Age \_\_\_\_\_ Year in Project \_\_\_\_\_ Section \_\_\_\_\_ Class \_\_\_\_\_

Exhibit Description \_\_\_\_\_ Variety \_\_\_\_\_

What new skills did you learn in creating this exhibit? Some of the most important lessons learned were:

List steps in making exhibit or attach the recipe. Some of the most important lessons learned were:

List the challenges that you faced and how you handled them:

What would you change about the exhibit?

Did you complete all criteria for this section and exhibit?

## Evaluator Feedback - Food and Nutrition

Evaluator Initials \_\_\_\_\_

	Above Average	Average	Can Improve	Comments
Appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Recipe/product Information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
flavor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Container/Label	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Design/Creativity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Developmentally Appropriate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

*Exhibits should NOT be evaluated against other exhibits. Evaluation is based on an individual's skills gained, including life skills, exhibit of mastery, personal and professional knowledge gained in relation to the exhibit being created.*