



Cortland County 4-H Food and Nutrition Project Record



4-H Project Year: 10/01/_____-9/30/_____

This form may be used to tell what you did or learned in Food and Nutrition this year. Use a separate form for each project you complete.

Name _____ Age _____

Address _____ Name of Club _____

Years in 4-H _____ Years enrolled in Food and Nutrition Program _____

My Experiences

Name of Project _____

Date Started _____ Date Completed _____

Number of meetings held _____ Number I attended _____

Activities I completed within this project: *(Example – Prepared and served at home these foods (list))*

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Extra things I did while taking this project: *(Example – Prepared the same foods in different ways)*

During the project year I helped with: (check appropriate space(s) below)

	Seldom	Sometimes	Often
Meal planning	_____	_____	_____
Meal preparation	_____	_____	_____
Serving meals	_____	_____	_____
Food Shopping	_____	_____	_____

Tell briefly why this project has helped you: *(Examples – (1) Helped me improve my food habits by eating more vegetables; (2) helped me get all the parts of a meal ready on time).*

Experiences Related to the Project

These experiences include demonstrations or illustrated talks, exhibits, tours, workshops, community service (waiting on table, food sales), Junior Leadership.

Experience

Where?

To the best of my knowledge the above work was completed by _____

Parent/Guardian Signature _____

Date _____