



My 4-H Project Record

Healthy Living and Nutrition



Name: _____

4-H Year: _____

4-H Club: _____

Age: _____

Please circle the project(s) you are taking:

- | | | | | |
|-------------------|-----------------|-----------------|------------------|----------------|
| 4-H Cooking 101 | 4-H Cooking 201 | 4-H Cooking 301 | 4-H Cooking 401 | Health |
| Food Preservation | Food Science 1 | Food Science 2 | Food Science 3 | Food Science 4 |
| Child Development | | | Sports Nutrition | |

Goals: What do I want to do?

Examples of Goals:

- Learn more about project
- Learn about My Plate
- Follow a recipe
- Talk or demonstration

List your own goals:

What did I do in Healthy Living and Nutrition?

Size & Growth

List how many times you practiced your project, items made, items needed for project, and any income or expenses. Example: helped or cooked dinner for family (10 times), cookie bake sale: ingredients cost - \$10; 5 dozen cookies sold \$50.

What did I learn?

Knowledge & Skills: List what you learned this year related to your project area. Examples: follow recipe, measure flour, cooking differences between gas and electric stove, learned how candy is mass produced.

I learned to:



Reflection on Project Area

Knowledge & Skills: List challenges you encountered and memories you made, and what you learned from them.

Participation in Healthy Living and Nutrition

List participation related to your project area(s). Examples: toured candy factory, attended workshop related to project area, state fair open show.

Leadership in Healthy Living and Nutrition

List activities in this project area only, where you led others; include the number of people you led. Examples: organized bake sale where 30 people attended and we sold \$50 in cookies; taught younger club members how to break egg correctly when cooking (6 members).

Community Service, in Healthy Living and Nutrition

List activities that you participated in and where you helped others in your project area(s). Example: baked cookies for 60 nursing home residents (4 dozen).