

**SKILLS LEARNED**

Years in Project:

Juneau County 4-H

Record Book Form

**FOODS & NUTRITION PROJECT FOR 20**\_\_\_

What are 2 things you would like to learn in this project?

**FINANCIAL AGREEMENT**

I have the following financial understanding with my parents for the costs involved in this project.

* I pay for all expenses
* My parents pay for all expenses
* I borrow the money from my parents and pay them back.
* Other

(Member’s Signature)

(Parent/Guardian Signature)

|  |  |  |  |
| --- | --- | --- | --- |
| Skills | Learned or improved | Skills | Learned or improved |
| This year | Past years | This year | Past years |
| Read a recipe |  |  | Figure cost of meal |  |  |
| Use kitchen hand tools |  |  | Make meal for self |  |  |
| Made no-bake item |  |  | Process vegetables |  |  |
| Mix, sift, blend, beat |  |  | Freeze items |  |  |
| Know food pyramid |  |  | Set a table properly |  |  |
| Measure ingredients |  |  | Frost/glaze item |  |  |
| Kitchen safety/clean |  |  | Made nut. bag lunch |  |  |
| Use stove/oven |  |  | Vegetarian meal |  |  |
| Plan a meal |  |  | International meal |  |  |

Describe classes, workshops or learning experiences (inc. help from others).

**FOOD PREPARED AND SERVED**

Food prepared this year (inc. foods from 4-H project literature). Comment on things learned as you prepared each food.

**EXHIBITS / DEMONSTRATIONS**

|  |  |  |  |
| --- | --- | --- | --- |
| Food Prepared | Times made | Easy/Hard | Comment |
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| What did you exhibit? | When/Where | Placing |
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The worth or value of a 4-H project is measured by new things learned, time spent, enjoyment, in addition to the economic loss or gain. Tell about the new things you learned, the enjoyment, and the problems of your project.

Would you recommend this project to a friend? Why or why not?