

# Arkansas 4-H Project Reflection

## Foods and Nutrition Food Prep. Project

**Year**

**Name**



Objectives for All Projects	<ul style="list-style-type: none"> <li>• Apply all 4-H training and experience in choosing and preparing for a vocation</li> <li>• Practice leadership skills and roles in 4-H and the community</li> <li>• Take part in community affairs and demonstrate citizenship responsibility.</li> <li>• Develop integrity, sportsmanship and decision-making capability, and public speaking skills through experiential learning.</li> </ul>
Objectives for this Foods & Nutrition Food Preparation Project	<ul style="list-style-type: none"> <li>• To learn the importance of foods from each of the food groups in the daily diet.</li> <li>• To understand the principals of nutrition as they relate to health, physical fitness, and appearance.</li> <li>• To learn about the wide variety of foods which may be included in the diet and the cultural influences of such food.</li> <li>• To learn the nutritional contributions and the importance of enrichment and fortification</li> <li>• To understand the scientific principles of nutrition.</li> <li>• To acquire and demonstrate skills in planning, purchasing, preparing and serving tasty, attractive, and nutritious meals and snacks.</li> <li>• To learn ways to maximize the retention of nutrients through proper food preparation methods.</li> <li>• To learn food safety procedures to lower the risk of food borne illness.</li> <li>• To practice proper storage, handling, and preparation of foods</li> <li>• To explore job and career opportunities in Foods and Nutrition fields. Such as food science, baking science.</li> </ul>

**I worked toward the following objectives this year: (list)**

**List talks and illustrated presentations related to the projects reported by title.**

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### **What have you learned in this project?**

*List what you have learned as a result of participation in the project along with skills you have acquired related to the project.*

### **Leadership Experiences in this project**

4-H Leadership

Other Leadership

### **Citizenship Experiences in this project**

4-H Citizenship

Other Citizenship

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### Participation in the 4-H Food Nutrition & Food Preparation Project

*Include the amount of project work (number of items, number of times, etc.) along with related experiences such as tours, public speaking, research, career exploration, etc.)*

EXAMPLE

Activity – These are examples – add or delete categories as needed	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
<b>Food Preparation</b>													
Meals Prepared													
Recipes attempted													
Money saved through meal planning													
<b>Food Nutrition</b>													
Healthy substitutions implemented													
<b>Demonstrations</b>													
4-H club programs on food safety													
County Fair/State Fair entries													
Other Food Contests													
<b>Project Related Exhibits</b>													
Books/Articles read													
Tours													
Project related employment/volunteer work (hours)													