

Arkansas 4-H Project Reflection

Food Nutrition & Food Preparation Project

Date

Name



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

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

Arkansas 4-H Project Worksheet

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
Food Preparation													
Meals Prepared													
Recipes attempted													
Money saved through meal planning													
Food Nutrition													
Healthy substitutions implemented													
Demonstrations													
4-H club programs on food safety													
County Fair/State Fair entries													
Other Food Contests													
Project Related Exhibits													
Books/Articles read													
Tours													
Project related employment/volunteer work (hours)													