

Arkansas 4-H Project Reflection

Food Preservation & Safety 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 Preservation & Safety project	<ul style="list-style-type: none">• To appreciate food as a resource to be wisely by all persons avoiding food waste and maintaining the wholesomeness of food.• To learn to apply scientific principles of safe food handling to prevent food borne illness, both at home and away.• To learn ways to maximize the retention of nutrients through proper food preservation methods.• To acquire scientific knowledge and skills essential to the successful preservation of food by canning, freezing, pickling, drying, and making jellies and jams.• To become aware of how government and industry regulations help to assure a safe food supply.• To explore job and career opportunities in the Food Science Field.

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 Preservation & Safety 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
Practice safe food preservation													
Item Canned													
Items froze													
Items Pickled													
Items Dried													
Jams and Jellies preserved													
Demonstrations													
4-H club programs on food safety													
County Fair/State Fair entries													
Other Food Contests													
Meals/Snacks Prepared using preserved food													
Project Related Exhibits													
Books/Articles read													
Tours													
Project related employment/volunteer work (hours)													