Elk County 4-H Foods & Nutrition Record

Year _____

Name _____ Age (Jan 1) _____ Yrs in Project _____

Club _____

Learning Activities in this Project (indicate number of times participated)

Type of Activity	L = Local	C = County	D = District	S = State
Field Trip/Tour				
Talks/Demonstrations				
Project Meetings Attended				
Total Number of Exhibits				

List any **Leadership** you provided during this year. List what you did, when and with whom.

After completing this project, how have you changed to make healthy food choices?

Food Preparation Summary -- List all food prepared and the amount and put a check in the appropriate food group. Add additional pages if needed.

		FOOD GROUPS						
		Bread, Cereal, Rice, Pasta	Fruit	Vegetable	Milk, Yogurt, Cheese	Meat, Poultry, Fish, Beans, Eggs, Nuts	Fats, Oils, Sweets	
Food (Example:)	**Amount**							**Times Made**
Whole Wheat Muffins	5 dozen	X						111

Foods & Nutrition Project Story:

Member Signature

Leader or Parent Signature