

Recipe: _____

Serves: _____
Prep Time: _____

Ingredients:	Amounts:

Recipe Source:

FOODS AND NUTRITION 4-H PROJECT RECORD

(Maximum two photos per item)

of Years in Project _____

This year's goals:

Project item(s):

What I did and learned in this project this year:

Achievements/Accomplishments:

Problems and solutions:

Where/who I received help from and how they helped:

Examples of leadership or growth:

Future goals:

Project financial report:

(Record expense for recipes from Foods and Nutrition form on next page)

(Income includes: estimated value of item if you would/did sell it, fair premium(s), and income from jobs pertaining to the project.)

Income and Expenses			
Date	Description	Income	Expense
Totals			
Net Profit or Loss			

Recipe: _____ State: _____
Prep Time: _____

Ingredients	Instructions

Recipe Source: _____

Foods and Nutrition

**Use a separate sheet for each.
Grades 3-6 minimum two recipes; Grades 7-13 minimum four recipes**

Name of food product:

Source for recipe:

Recipe used:

Kitchen equipment:

Techniques used:

Special notes:

Time prep/serving size:



MY 4-H YEARLY PROJECT-RELATED ACTIVITIES

(4-H AND NON 4-H ACTIVITIES)
(Maximum two photos per EVENT)

Date:

Event:

What I did and learned:

Date:

Event:

What I did and learned: