



FLORIDA 4-H FOOD & NUTRITION RECORD FORM

Name _____

Birthdate _____

Address _____

4-H Club _____

Years in 4-H _____

Number of Years in Food & Nutrition

Project: _____

Name of Leader _____

Name of this 4-H Food & Nutrition

Project: _____

BEFORE

1) MY GOALS FOR THIS PROJECT: _____

AFTER

2) THINGS I'VE LEARNED ABOUT NUTRITION: _____

- 7) List your leadership, citizenship and community service, in this project.
 Note examples given:

DATE	TYPE OF ACTIVITY AND BRIEF DESCRIPTION	NUMBER OF INDIVIDUALS ASSISTED
2/18/85	Leadership-Assisted 4-H members in preparing for foods demonstrations	2
2/25/85	Community Service-Assisted in serving meals to the elderly	25

- 8) WRITE A PROJECT STORY. TELL WHAT YOU DID IN THIS PROJECT, WHAT YOU ENJOYED DOING MOST, WHO HELPED YOU AND ANY DIFFICULTIES YOU HAD DOING THE PROJECT. EVALUATE YOUR PRODUCTS. WHAT ARE SOME WAYS YOU COULD HAVE IMPROVED PRODUCTS MADE?

(Use additional page(s) if needed)

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