

Foods with International Flavor

Project Book



Name: _____ Age: _____

Club Name: _____ Years in 4H: _____

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Food and Nutrition Record

My goals for this project: _____

Things I've learned about nutrition: _____

The Foods I've prepared:

Foods Prepared	Nu of times Served	Nu of Servings	Served to Whom

Type of Food Prepared

Country	What did you prepare	How many servings?	Comments	Cost

Total dishes or items prepared: _____

Skills I've practiced: _____

Fitness activities I've tried: _____

Project Summary

LEADERSHIP

List your accomplishments both in this project and as a member of your club, county council, etc.
Ex: participate in TLC as the delegate to District VIII meetings, opening Pledge at club level.....

Date	Please Describe

COMMUNITY SERVICE

List in detail your individual or club community service accomplishments and the purpose for the service.
Ex: Our 4-H Club saw a need for a food drive & collected 200 items that were delivered to the needy.

Date	Activities and Events

PRESENTATIONS

List in ***detail*** the demonstrations, speeches, exhibits, workshops where you presented. Also list the topic of your presentation & the level at which you participated at.

Ex: County Events Demonstration - "How to prepare your Rabbit for Show" Check County

Date	Activity	Topic	Please check level				
			Individual	Club	Cnty	District	State

CLUB ACTIVITIES

What activities did you participate in with your 4-H Club.

Ex: Workshops, fair, field trips, judging trips

Date	Activities

NEWSPAPER Articles and/or Pictures of your 4-H Project

NEWSPAPER Articles are extra and will not be deducted.

If you or your 4-H club was in the newspaper please attach the article here.

For project pictures, be sure to include captions describing each photograph. If possible show (The Beginning of your project (work being done and (your completed project. (Minimum of 3 pictures). You may insert pages as needed.

