MAHNOMEN COUNTY **Year**

4-H Foods and Nutrition Project Record

Name_____Age_____Grade in School_____Date

Club Name_____Year in 4-H_____Year in this project

* FOOD PYRAMID

Record a one day menu suitable for your age and activity level using the food pyramid.

Breakfast *Lunch*

Supper *Snacks*

* FOODS I PREPARED and preparation skills I learned:

Product/ Activity	*Amount*	*Method*	*Time*	*Cost*	*Results/ Comments*	*Main Nutrients*

Continued

Product/ Activity	*Amount*	*Method*	*Time*	*Cost*	*Results/ Comments*	*Main Nutrients*

* **PROJECT ACTIVITIES:** (demonstrations, project talks, project meetings attended or conducted, tours, field trips, fair exhibit, etc.)

Activity	*What I Did*	*What I learned*

Add additional pages if required

III. STORY AND PHOTO PAGE: (Photos Optional)

Please tell about your food preparation experience. Include successes and failures, foods you liked and didn't like. Include photos and additional pages if necessary.