

FOODS - Power Foods

Member Name:	
Leader:	
4-H Year	

Project Completion Checklist (for Achievement Day)

Power Foods will introduce members to the idea of preparing & consuming foods to fuel their bodies! It covers food safety, preparation tips, measuring techniques, and Canada's Food Guide. The project emphasizes cooking with protein-rich foods like nuts, legumes, eggs, meat, and fish. Members will also work together (or on their own) to plan, prep, cook, and serve a meal for guests.

This sheet (both sides) and the items listed below are the requirements for this project:

- □ Picture of member with their own protein bars (2 bars 1.5" x 3" or 3.75cm x 7.5cm made with 4-H Recipe)

 NOTE: in effort to eliminate unnecessary food waste, members are asked to submit only a picture of themselves with the food item listed above for Achievement Day

 (Exhibition requirements are different & are listed below)
- □ Documentation on Meal Prepared and Served for Guests

Create a Folder (or Album) with a report on the meal as prepared and served including, but not limited to:

- recipes used
- the time it took for planning, preparation and cooking
- who was invited/who attended
- reasons to support if you would make the meal again and why.
- support your documentation with pictures
- Recipe File with at least 5 protein based recipes as prepared by the 4-H member, one of which must be for the protein bars listed above
- □ Project Notes (Pg 2)

4-H Year Completion

Along with finishing the Project Completion Checklist, members are reminded of the following year-end requirements. These tasks must be completed and documented on the member portfolio page before the Club's Achievement Day.

- Communications Activity (public speaking, illustrated talk or demonstration)
- Community Service Activity
- Agriculture Awareness Activity

Exhibition Entries

- 4-H member may enter two (2) protein bars (4-H Recipe)
- Bars should be displayed on a paper plate and stored in a large, re-sealable (zip- lock) bag
- Food items are to be dropped off at each exhibition prior to judging. Refer to the Exhibition Book at pei4h.ca/fairs-exhibitions for more information (Published after May 1)

 Revised Fall 2024

Foods: Power Foods - Project Notes

Members are encouraged to share project highlights here!

Activity or Topic Covered

Meeting/

Activity Date

	Use as much or as little space needed, and remember that the goal is to share about what was done/ what was learned at each meeting/activity attended for this project!		
Career Exploration		Project Reflection	
What career opportunity (job) aligns with this project?		What did you enjoy most about this project?	
Is this a job you v	would like to have in the future?		
Why or Why Not?		What new skills did you learn?	
		Share any challenges or problems.	
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