



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)

