4-H | WORKSHEET

4-H Nutrition Project Record

A 4-H nutrition project record for members to document goals, activities, costs, and lessons learned so the year's work can be summarized and reviewed. Print it free, fill in each line by hand, and keep the page with your records.

Farm / unit: _____ Date: _____ By: _____

Name, club, and project year _____

Food groups I studied _____

Meals or snacks I planned _____

Label reading practice _____

Healthy swaps I tried _____

Physical activity ideas _____

What I learned about my choices _____

Goals for next year _____

NOTES / CALCULATIONS

TIP Plan meals with family guidance and rely on official nutrition information, not social media tips.