

PROJECT AWARD APPLICATION

Spelling, grammar and neatness = 15 points

Section I. My Experiences in the 4-H Foods / Nutrition Project
20 points

List only information that relates to the project area for which you wish to be recognized.

A. Learning Experiences

List by year, your participation in demonstrations, teaching others, talks, exhibits, newspaper articles written, workshops, camps, judging events, field trips or other learning experiences in this project area. Include activities at the local, county and state levels. Items should relate to your main project. *Do not add additional pages.*

2001

Participant-Young Explorers Candy Bar Fundraiser
Participant-Took Cooking Session and Candy Making Session at the Paw Paw Extension Office
Participant-Young Explorers Awards Banquet

2002

Merit Award-Baked Carrots
Participant-Young Explorers Picnic at Jaycee Park
Participant-Young Explorers Cookbook Fundraiser
Participant-Young Explorers Awards Banquet
Helper-Helped with Younger Members at Young Explorers Halloween Party
Participant-National Junior Honor Society Canned Food Drive
Participant- Young Explorers Thanksgiving Potluck Dinner

2003

Participant-Young Explorers 1st Annual Food Fight
Participant-Young Explorers Awards Banquet
Participant-Young Explorers Picnic at Jaycee Park
Helper-Helped with Younger Members at Young Explorers Halloween
Participant-National Junior Honor Society Canned Food Drive
Participant-Young Explorers Thanksgiving Potluck Dinner

2004

Merit Award-Chicken Stir Fry
Participant-Young Explorers Picnic at Jaycee Park
Participant-Young Explorers Febuary Craft Day Cake Decorating

B. Knowledge and Skills

20 points

Review your total time in this project; consider your goals at the start of the project, and summarize the most important knowledge and skills you have gained in this project. *Do not add additional pages.*

For example:

- 1988 Learned to operate sewing machine, size myself for a pattern and construct a simple skirt.
1989 Learned seam finishes, how to put in a zipper and construct garments with sleeves and collars.
1993 Tailored a wool suit with bound button holes; adapted pattern to own design. My clothing knowledge helped me get a part-time job in a fabric shop.

2001

- I learned how to make some of my favorite foods.
- I learned how to precisely measure out each ingredient.
- I learned how to prepare a large meal.

2002

- I learned about proper nutrition and how to apply it when you prepare meals.
- I learned how to use many kitchen utensils that were new to me.

2003

- I learned how to prepare a nutritious snack.
- I learned how to substitute ingredients and modify recipes when needed.
- I learned how to make unique and creative dishes.

2004

- I learned how to prepare a meal that both looks and tastes good.
- I learned how to properly knead bread.
- I learned how to make pie filling with real fruit.