



FRANKLIN COUNTY 4-H REPORT FORM

PROJECT: Foods and Nutrition

NAME: _____

CLUB: _____

Age as of

Jan. 1 this year: _____

Year in project: _____

Year in 4-H: _____

I have personally prepared this report and believe it to be correct:

Date: _____, 20____

4-H Member's Signature: _____

APPROVAL OF THIS REPORT

We have reviewed this report and believe it to be correct:

Date: _____, 20____

Parent/Guardian's Signature: _____

Date: _____, 20____

Project Leader's Signature: _____

INSTRUCTIONS: List only the activities you participated in during the most recent 4-H year. Do not use the same listing twice. See Instruction Page for help in completing this form.

SECTION I: EXPERIENCES IN THE 4-H Foods and Nutrition PROGRAM

A. SIZE AND SCOPE

1. List size and scope of your participation in this project.

- Baked 6 dozen cookies for family - savings \$4.00 (L)
- Baked 3 birthday cakes for family members. (L)
- Prepared one family meal each week. (L)
- Tried 10 new recipes. (L)
- Prepared meal and set table for a candle light dinner to celebrate parent's anniversary. (L)
- Helped prepare a menu for a week of family meals. (L)
- Made a family grocery budget for the week's menus. (L)

2. List significant awards received.

Type of Award	For What Received	Level/Number
Ribbons	Fair Exhibits	C-3B, 1R
County Medal	Project work	C-1
Ribbon	Achievement Day Demonstration	C-1B, S-1B
Rosette	Achievement Day Demonstration	C-1

B. LEARNING EXPERIENCES

Demonstration - "How to separate an egg." (1-L, 1-C, 1-S)
Field trip to compare prices at local stores. (L)
Attended 8 project meetings. (L)
Attended Extension microwave cooking class. (C)
Judged foods at 3 project meetings. (3-L)
Judged foods at county Achievement Day. (1-C)
Exhibited at Union, St. Clair, Washington, New Haven, and Sullivan Fairs. (4-C, 12-D)

C. KNOWLEDGE AND SKILL

I learned how to follow a complicated recipe.
I discovered what 3 new spices are used for.
Coupons don't always save you money.
I now know how to find "hot spots" in a microwave oven.
Use baking soda to extinguish a grease fire.
Prices for food vary greatly between stores.

SECTION II - 4-H LEADERSHIP EXPERIENCESA. VOLUNTEER LEADERSHIP

*Assisted 3 younger members with their demonstrations. (L)
*Helped foods judge at county fair. (C)
*Gave 3 project reports at club meeting. (L)
Served as 4-H camp counselor. (C)
*Gave program on Basic Food Groups to 1st graders. (L)
Attended county officer training workshop. (C)
Called 5 families about 4-H Club meeting. (L)

B. ELECTED/APPOINTED LEADERSHIP

Office or Committee	Responsibility	Level
Secretary	Keep minutes, club correspondence.	L
Regional Representative	Represent region, plan 4-H Congress.	R
Recreation Committee	Attend meetings, contact swimming pool.	L
Achievement Day Committee	Help plan event, find 2 judges.	C

C. 4-H PROMOTION LEADERSHIP

Type of Promotion	Responsibility	Level
National 4-H Week	Wrote article for paper.	C
*Presentation to PTA	Gave demonstration at PTA meeting.	L
*State Fair Demonstration	Gave demonstration at State Fair.	S

SECTION III - 4-H CITIZENSHIP/COMMUNITY SERVICE

A. 4-H CITIZENSHIP/COMMUNITY SERVICE

Kind of Activity	Size & Scope of What You Did	Your Involvement (Y,G, or M)
*Club Meeting Refreshments	Baked cookies for club meeting.	Y
County Fair	Served as fair security for 4 hours.	M
Extension Council Election	Stuffed ballots in envelopes for 5 hours.	M
Courthouse Beautification	Planted flowers at courthouse.	Y
Appreciation	Wrote thank you notes to 3 donors.	Y
Community Service	Provided 3 puppies for petting zoo for senior citizens.	G
Christmas Basket	Helped make and deliver Christmas baskets to needy families.	M
Club Fund Raiser	Sold 4-H cookies, I raised \$80.00	M

B. NON-4-H EXPERIENCES IN SCHOOL, CHURCH, AND COMMUNITY

High School Band
Member of church group.
FFA - Secretary, State Farmer Degree, State Proficiency Award.
YMCA Gymnastic Team - 2 first place trophies. (L)
High School Basketball Team - letter, team captain.
Young Democrats
Participated in community Picnic In The Park.
First Place Science Fair
Little League Baseball Team
Girl Scouts

SECTION IV - SUMMARY OF EXPERIENCES IN OTHER 4-H PROJECTS AND ACTIVITIES

A. SIZE AND SCOPE

1. Indicate size and scope of your other 4-H projects and activities.

Sheep - Raised and cared for 2 sheep of my own, helped care for family herd of 30 sheep, exhibited my sheep at 4 fairs, made total profit of \$200.00.

Wood Science - Built two shelves, repaired 4 chairs.

Share The Fun - Had part in club Share the Fun skit.

Letters to Leaders - Sent two entries to contest.

Poster Art Contest - Prepared poster and entered it in contest.

SECTION IV - A: SIZE & SCOPE CONTINUED

2. List significant awards received.

Type Of Award	For What Received	Project/Activity	Level/Number
Cash & Blue Ribbon	1st Place	Poster Art Contest	1C
Gold Ribbon	1st Place	Share The Fun Skit	1C
Ribbons	Fair Exhibits	Woodwork & Sheep	C-3B, 1R; D-8B, 2R S-2B
Achievement Day Medal	Judging Perfect Attendance	Wood Science Club Meetings	C-1B 1L

B. LEARNING EXPERIENCES

Sheep - Exhibited at Union and Washington Fairs. (2C, 2D)
Participated in Livestock Judging Workshop. (C)
Attended Livestock Grooming Workshop. (C)
Attended 3 sheep auctions. (L)
Helped give shots to my animals. (L)

Wood Science -Exhibited at Union Fair. (2C)
Attended 6 project meetings. (L)
Toured lumber yard. (L)

Share The Fun - Attended 8 practice sessions. (L)
Participated in County Contest. (C)

Poster Art Contest - Spent 4 hours making a poster. (C)

C. KNOWLEDGE AND SKILLS

Sheep - Learned how to give shots to my sheep.
I found out how to fit and show my sheep.
Sheep have four stomachs.
I learned how to balance a ration for my sheep.

Wood Science -I learned how to use power tools.
You must be careful with cords on power tools.
There are different grades of sand paper.
Learned how to figure board feet.
Sand with the grain.

Share The Fun - Learning a part is a lot of work.
I learned how to take direction.

Poster Art - Posters should be bright and attractive.

Letters to Leaders - My leaders really appreciate my thank you notes.

***4-H STORY - Be sure to include your 4-H Story with your County Report Form!
See instruction page for more information.***

INSTRUCTIONS FOR COMPLETING THE FRANKLIN COUNTY 4-H REPORT FORM

GENERAL INSTRUCTIONS: The project listed at the top of the form is the "main project". This should be listed in general terms, that is "Food & Nutrition, Wood Work, Beef, etc." Do not list a specific project such as "Food for Fun & Fitness". All listings for Section I should relate directly to the main project.

Show the level of participation by using the codes "L" for local or club, "C" for county, "D" for district or area, "S" for state, "R" for regional or interstate, "N" for national, or "I" for international. Use "D" for all fairs except the Franklin County Youth Fair and the state fair.

Beef, sheep, swine, dairy, dairy goat, rabbit, and poultry members must include the financial summary on the back of the Franklin County 4-H Livestock Project Record, with their Franklin County 4-H Report Form.

SECTION I - A: SIZE & SCOPE:..List the size & scope of your participation in the project. Use numbers to show size, growth, profits, losses, or savings. Include anything you did in the project. List the most important awards you received in the main project. Use the level code and numbers to help group awards. You can also use a ribbon code: B - blue, R-red, W-white. You might group fair ribbons for the project as: Ribbons: "L-2B, 1R, S-1B."

SECTION I - B: LEARNING EXPERIENCES:..List your participation in exhibits, demonstrations, talks, radio & TV appearances, news articles written, tours workshops, camps, judging events, field trips, or other learning experiences in the main project. Do not include news articles written as a Club Reporter.

SECTION I - C: KNOWLEDGE & SKILLS:..List the most important knowledge and new skills you learned in the main project.

SECTION II - A: VOLUNTEER LEADERSHIP:..List your volunteer leadership in 4-H. Include activities in all projects and activities. Place asterisks (*) beside leadership activities relating directly to the main project.

SECTION II - B: ELECTED/APPOINTED LEADERSHIP:..List 4-H offices you held and committees on which you served during the most recent 4-H year. Designate level of participation and give specific responsibilities.

SECTION II - C: 4-H PROMOTION LEADERSHIP:..List things you have done to promote 4-H such as presentations before organizations, displays, radio and TV appearances, etc. Designate level of participation and give your specific responsibilities.

SECTION III - 4-H CITIZENSHIP/COMMUNITY SERVICE:..List your citizenship and community service experiences. Include things that contribute to the welfare of your club or group members, others, or your community. Indicate the size and scope of what you did with numbers when you can. Place asterisks (*) beside listings relating directly to the main project. Indicate how you were involved by using the following code: Y - did yourself, G - gave primary leadership to the group, or M - was a member of the group.

SECTION III - NON-4-H EXPERIENCES IN SCHOOL, CHURCH, AND COMMUNITY:..List your activities in your school, church, and community. Include leadership roles and awards/honors received.

IMPORTANT: MORE INSTRUCTIONS ON BACK

SECTION IV - SUMMARY OF EXPERIENCES IN OTHER 4-H PROJECTS AND ACTIVITIES

Section IV is where you report on your activities directly relating to 4-H projects other than the main project, and 4-H activities such as Share The Fun, 4-H Camp, etc. Briefly describe what you did in the other projects that you were most involved in. The instructions for Section IV, parts A, B, & C, are the same as Section I, parts A, B, & C.

4-H STORY - You must include a 4-H story as part of your County 4-H Report Form. Your 4-H story should be no longer than 2 pages, with writing/typing on one side only. The story should include the following:

1. Introduce yourself. Tell us your age, a few interests, about your family, and where you go to school, why you joined 4-H, etc.
2. Tell about the main project. You might include why you took the projects, what you liked about it, any special things you learned in the project, what you intend to do in the future, successes or failures that occurred, etc.
3. Highlight your other 4-H projects and activities. Include special events you participated in, unusual situations that occurred, success and failures, etc.
4. Explain how 4-H has helped you become a better leader or citizen, feel better about yourself, influenced your school and career goals, and use your leisure time.

Do not number the sections. Write this as you would any other story.

!!!! VERY IMPORTANT !!!!

Your County 4-H Report Form and 4-H Story, should be placed in a folder when you turn it in. The name of the main project should be printed in the upper right hand corner. Below the project name, you should print your name. The parts of your report form should be placed in the following order: First, your Report Form, then your story, and finally your photos. **Beef, sheep, swine, dairy, dairy goat, rabbit, and poultry members must include the financial summary on the back of the Franklin County 4-H Livestock Project Record, with their Franklin County 4-H Report Form.** Be sure the form is signed by the member, parent, and project leader.

HOW THE REPORT FORM IS SCORED

County Report Forms are scored using a standard score sheet. Since we are selecting which members will be awarded a project medal for the main project, you receive most of your points for those listings relating to the main project.

- 50% of the score is for your experiences in 4-H projects and activities.
- 25% of the score is for leadership, including volunteer, elected or appointed, and promotion leadership.
- 25% of the score is citizenship, including 4-H and non-4-H activities.