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| Baked Macaroni and Cheese: Bliss in a Dish - Love2Chow | **Foods: Creating A Fun Meal at Home**  Project Information Page |

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Learning to have fun in the kitchen is important in developing a greater interest in food and new flavors! You’ll also be interested in trying new foods if you help cook them. Cooking also gives you a chance to develop self-confidence, creativity, dexterity, and fine motor skills. It will help you practice concepts learned in school, such as reading, math skills, and science! What’s more, you’ll learn about nutrition, which will help you take better care of yourself once you’re all grown up. But remember, you need to have fun!

**Project Completion Requirements (PCR)**

* Attend Foods Project on May 13, 2023, with Chef Felix Arsenault and Gail Wallace
* Prepare a meal for your family using at least one of the recipes learned at the provincial project and take a photo of them enjoying your handiwork.
* Recipe File with at least eight (8) healthy recipes using Canada’s Food Guide
* Project (1) Page specific to Home Economic or Life Skill Projects

**4-H Year Completion**

**The following must be on display at the Club Achievement Day in order to complete the 4-H year**

* Complete the PCR’s (Project Completion Requirements) as outlined above
* Complete a Communication (public speaking) Project
* Complete a Community Service Activity
* Complete an Agriculture Awareness Activity
* Complete the Member Documentation (4) pages found in your Portfolio or on the website

**Exhibition Requirements**

* Picture of your family enjoying a meal using at least one of the recipes learned at the provincial project
* **Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions. Please check with your Project Leader or visit www.pei4h for more Exhibition information.**

**General Notes**

* Leader Resources are available on the website or by contacting your 4-H Specialist
* Each month on the 15th (or thereby) a Provincial Newsletter is released with up-to-date information
* The Provincial Website www.pei4h.ca is regularly updated and the home of the Provincial Newsletter
* The second last Saturday in July each year is the deadline for Members to submit project work and portfolios to their 4-H Specialist for completion and to remain as a member in good standing. Only members in good standing can participate in summer exhibitions and be nominated /apply for special awards.