



FOODS - Fruits & Veggies

Member Name: _____

Leader: _____

4-H Year _____

Project Completion Checklist *(for Achievement Day)*

This project will have a main focus on fruits & vegetables, but also the industries around produce, how it's grown and primarily where it comes from, eating well, field to fork, using your backyard and cooking it right!

This sheet (both sides) and the items listed below are the requirements for this project:

- ☐ **Picture of Member with baked Carrot Potato Muffins (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)
- ☐ **Recipe File** with at least 8 recipes (4 fruit & 4 vegetable recipes) as prepared by the 4-H member, one of which should be for the 4-H Recipe provided.
- ☐ **1 Potted Herb Plant** (grown by the member)
- ☐ **Leader Test** on one of the following: Cutting techniques or blanching, steaming, frying boiling, sautéing, freezing, preserving, etc
- ☐ **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 four (4) baked Carrot Potato Muffins (4-H Recipe)
- Muffins 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)

Foods (Fruits & Veggies) - Project Notes

Meeting/ Activity Date	Activity or Topic Covered <i>Members are encouraged to share project highlights here! Use as much or as little space needed, and remember that the goal is to share about what was done/ what was learned at each meeting/activity attended for this project!</i>

Career Exploration	Project Reflection
What career opportunity (job) aligns with this project?	What did you enjoy most about this project?
Is this a job you would like to have in the future?	
Why or Why Not?	What new skills did you learn?
	Share any challenges or problems.

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