



# FOODS - Breads & Cereals

Member Name: \_\_\_\_\_

Leader: \_\_\_\_\_

4-H Year \_\_\_\_\_

## Project Completion Checklist *(for Achievement Day)*

This project is designed to help members learn about the different grains, where they come from and how they are processed and used in everyday baking and cooking.

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

- ☐ **Picture of Member with four (4) Pan Rolls (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  
*Exhibition requirements are different & are listed below*
- ☐ **Recipe File** with at least 8 Recipes (using grain products) as prepared by the 4-H member, one of which should be for the 4-H Recipe provided. Members are also encouraged to consider at least one recipe for a diet of special needs (i.e. Celiac disease)
- ☐ **Plan a menu for yourself for one day from a grocery store flyer and determine the cost of each meal/snack**
  - *Menu must include breakfast, lunch, dinner and two snacks*
  - *The menu, cost breakdown, and copy of the flyer must be presented in member's binder*
- ☐ **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.

- ☐ **Communication** (public speaking, illustrated talk or demonstration)
- ☐ **Community Service** Activity
- ☐ **Agriculture Awareness** Activity

## Exhibition Entries

- 4-H member may enter four (4) pan rolls (4-H Recipe)
- Rolls 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](http://pei4h.ca/fairs-exhibitions) for more information (Published after May 1)

# Foods (Breads & Cereals) - 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.

Office Use Only Staff Signature	
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