



Foods - Master Chef Style

Project Information Page



Welcome to **Foods!** 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 Requirements

- Attend Foods Project on February 10, 2024, with Chefs Jeffrey Haight and Marco Leboeuf
- Prepare a meal for your family using at least one of the recipes from this provincial project. Take & submit a photo of them enjoying your handiwork.
- Recipe File with at least eight (8) healthy recipes using Canada's Food Guide
- Complete 4-H Project Page (*attached*)

4-H Year Completion Requirements

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

- Project Requirements as outlined above
- Member Documentation 2 pages found in member portfolio including:
 - Communications Activity (*speech, demonstration or other*)
 - Community Service Activity
 - Agriculture Awareness Activity

Exhibition Item(s)

Members are encouraged to submit completed project items for display OR competition in 4-H Classes at PEI Fairs & Exhibitions. Please check with your Project Leader or visit the website for more information.

- For this project, members are invited to submit a picture of your family enjoying a meal using at least one of the recipes from this project.
(Please note, this is for display only and will not be judged)

General Reminders

- The Provincial 4-H Website (pei4h.ca) is regularly updated with important project information, however additional leader & member resources for this project **may** be available at the 4-H Office. Please contact your 4-H Specialist if you need assistance.
- The **DEADLINE** for submitting project work and portfolios for year end completion will be the second last Saturday in July. Only members in good standing (having completed all of the year end requirements) will be eligible to participate in 4-H classes at Island exhibitions **and/or** apply or be nominated for annual awards, travel and scholarship opportunities.

4-H Project Page *(one page per project)*

Project Name _____

2023-2024 4-H Year

Meeting/Activity Date	Topic Covered or Project Requirement Completed <i>(What did you learn OR what requirement for this project was completed?)</i>

Career Exploration

What would be a career choice (job) that relates to this project?

Would this be a job that you would like to have someday? Why or why not?

Reflection

What was your favourite part about this project?

What new skills did you learn?

Describe any problems or challenges:

Project Leader Signature	
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Office Use Only Staff Signature	
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