**FOOD AND NUTRITION (Revised 2019)**

**Fun with Foods, Adventures with Foods, Foods, Friend, Fun;**

**Dairy, Quick Meals, Meals Outdoors, NM Flavor, Uniquely New Mexico, Cakes, Pies, Breads, Food Preservation**

|  |  |  |
| --- | --- | --- |
| Project enrolled in: | | |
| Name: | |  | |
| Age | |  | |
| Number of years in project | |  | |
| Project Meetings Held |  | |
| Number you attended |  | |

What skills were new to you or improved upon during this project?

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What challenges did you find during this project?

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List the products you prepared and evaluate each of them.

Products prepared Date Excellent, Good, Fair

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**Activities/Leadership/Skills Learned**

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| **Date** | **Name of Activity** | **Leadership Responsibility or Skills Learned** |
| Jan 12, 2006 | Example: Went to a baking workshop | Example: Learned how to make cookies from scratch |
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**INCOME AND EXPENSE SHEET**

List the ingredients you purchased to make your articles and the cost of each.

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| Ingredients | Cost |
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| Total Cost of Ingredients |  |

Add more pages if needed

Assess a value to each of the articles you made

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| Article made | Value |
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| Total value of projects made |  |

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| --- | --- |
| Total value of projects |  |
| Minus total expense of projects |  |
| Equal profit or loss |  |