

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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## DINNERTIME WITH VIRGINIA TEENS

### 4-H Foods and Nutrition Record

This 4-H foods and nutrition project may be repeated several times. Each year include some new activities. See page 3 of Dinnertime With Virginia Teens for suggested activities. Learn to prepare a variety of products. It takes practice to turn out a good product every time. You may want to choose one or more foods each year and get really good at preparing them. It also takes planning and practice to get all foods in a meal ready at the same time. So get as much experience as possible.

Name \_\_\_\_\_ Age \_\_\_\_\_ No. of yrs. in project \_\_\_\_\_ 19\_\_

Address \_\_\_\_\_ Club \_\_\_\_\_

Club office \_\_\_\_\_ Committees \_\_\_\_\_

I attended \_\_\_\_\_ 4-H club meetings. Other 4-H events I attended: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

#### *Demonstrations and Illustrated Talks*

Title	Where Given	Award, if any
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#### *Exhibits*

Title	Where Given	Award, if any
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Personal Appearance

Food eaten does affect personal appearance. Body weight is the most obvious indicator of food intake. Do you need to make adjustments in food intake to bring about a change in body weight?

	Calories Consumed	Calories Used	Milk Group	Fruit-Vegetable Group	Bread-Cereal Group	Meat Group	Other
			No. Servings	No. Servings	No. Servings	No. Servings	No. Servings
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Average							

Height \_\_\_\_\_ Weight \_\_\_\_\_

Changes made to improve personal appearance:

Food Preparation

Foods Prepared	Number of Times	Method of Preparation	Comments

Other

List what was done and results. Include activities in meal planning and preparation, food buying, and food preservation.

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