



# 4-H Project Book

## FAMILY & CONSUMER SCIENCES



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A general purpose project book for Family and Consumer Sciences  
Projects including Art, Craft, Food and Nutrition, Horticulture,  
Sewing, and Photography.

Name

Grade

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Club

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## End-of-year signatures

At the end of the 4-H year, when your record book is complete, your 4-H club leader will probably ask to see this record book. He or she may also review it during the year.

By signing below, I am stating that I have completed this record book myself and, to the best of my knowledge, the information included in it is correct.

4-H member signature	Date

By signing below, I am stating that I am familiar with this work and, to the best of my knowledge, the member completed this record book and the information included in it is correct.

Title	Signature	Date
Parent		
4-H club leader		



Written by

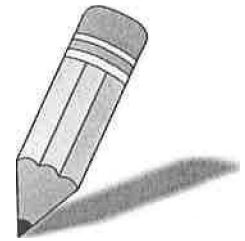
Keith G. Diem, Ph.D., Program Leader in Educational Design, 1998. Revised sept. 2003. HcW@WUJan. 2011

(Edited for use with Hunterdon FCS May 2019 C Weisenbacher, J Majorossy)

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Visit the NJ 4-H web site: [www.rü4h.rutgers.edu](http://www.rü4h.rutgers.edu)

(This publication is available for downloading)



When do I use this general-purpose 4-H record book?

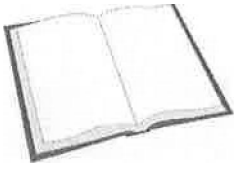
This is your annual FCS 4-H Record Book..

What is a 4-H project?

A project is a subject or topic that you learn about in 4-H. More important, a project is something you do or make, which results from knowledge and skills you learned in the project. You learn about your project from attending club meetings and educational workshops, and working with adult leaders and other 4-H members. You can also learn from field trips and camps, by participating in shows and competitions, as well as through your family and self-study. Here are some examples of 4-H projects and the results that might be produced from each:

Project Area	Sample Results
Foods & Nutrition	Perfecting skills with yeast bread
Sewing	Completing projects with buttonholes
Horticulture	Creating your own flower arrangements for occasions
Art	Hone skills for “still life” painting
Gardening	Planning and planting a garden, harvesting vegetables, making a flower arrangement
Craft	Making jewelry for yourself and others
Photography	Learn portrait photography by creating photo album of your family or pets

## Why complete a record book?



A record book is not meant to be a chore. Instead, it is a way for you to learn. Here are some important reasons why 4-H expects you to complete a 4-H record book for your project.

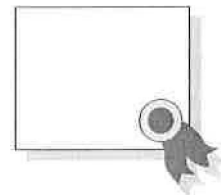
Keeping a 4-H record book will help you...

- Learn how to organize yourself
- Learn how to set reasonable goals for yourself
- Appreciate what you've learned this year from the goals you reached
- Recognize what things you learned in your 4-H project
- Explain what you've learned
- Keep track of costs of your projects
- Gather information needed to apply for awards and scholarships
- Complete applications and resumes for jobs and college
- Meet requirements to participate in some county, state, or national 4-H events.

## Member in good standing requirements

In general, all 4-H members are expected to meet the following standards each year. These are the minimum requirements. Your club may have additional requirements.

- Attend at least 70 percent of regular club meetings and/or activities.
- Complete a 4-H project, doing one's own work with minimal assistance from parents or others.
- Give a club or county 4-H public presentation.
- Complete a project record book (like this one).



## Setting Goals

4-H ers doing FCS projects should set at least 3 goals for the year, and at least one per project area working in.

## Starting Out - My goals for the 4-H year



The beginning of the 4-H year is a good time to begin thinking about what you'd like to do or learn in 4-H during the upcoming months. List some of your goals for the year and what plan you have to accomplish your goals.

Talk to your leader and parents to decide what goals are realistic to try and possible to finish this year.

My goals for this year	What I need to do to reach this goal

### Signatures for goal setting

I will work toward the above goals I have set for myself for the upcoming 4-H year to the best of my ability

\_\_\_\_\_ (Member signature) \_\_\_\_\_ (Date)

I will support my son's/daughter's goals for the upcoming 4-H year:

\_\_\_\_\_ (Parent signature) \_\_\_\_\_ (Date)

I will help support this member's goals for the upcoming 4-H year

\_\_\_\_\_ (FCS 4-H Leader signature) \_\_\_\_\_ (Date)

## Along the Way - Keeping track of what I do

It is best to write down what you have done shortly after completing it so you won't forget important events and activities. In order to prevent duplication, some of these items will be recorded in your summary sheets.

- \*What I did in this project this year (On project record sheet)
- \*Other 4-H activities and events I participated in (On Summary Sheet)
- \*Project finances (Here on financial sheet)
- \*Other clubs and projects (Summary Sheets, Other project book)

Choose the appropriate Record Sheets from the website and insert in your record book after this page:



**Art Record Sheet:**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/2%20Art%20Record%20Sheet.pdf>

**Crafts Record Sheet:**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/6%20Craft%20Record%20Sheet.pdf>

**Confections Decorating Record Sheet:**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/5%20Confections%20Decorating%20Record%20Sheet.pdf>

**Dairy Foods Record Sheet:**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/7%20Dairy%20Foods%20Record%20Sheet.pdf>

**Foods & Nutrition Record Sheet:**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/10%20Food%20&%20Nutrition%20Record%20Sheet.pdf>

**Food Preservation Record Sheet:**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/11%20Foods%20Preservation%20Record%20Sheet.pdf>

**Frozen Foods Record Sheet:**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/12%20Frozen%20Foods%20Record%20Sheet.pdf>

**Needlework Record Sheet**

<http://www.co.hunterdon.nj.us/pdf/4h/forms/Project%20Record%20Sheets/15%20Needlework%20Record%20Sheet.pdf>

## Project Finances

Project Name	
Materials Needed	Cost for Materials
1.	
2.	
3.	
4.	
5.	
Total Cost:	\$
Number of items made:	
Cost per item:	\$
Did you sell? Where? Price sold for:	\$ Sold at:
Profit per item:	
List household items also used at no cost	

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Materials Needed	Cost for Materials
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2.	
3.	
4.	
5.	
Total Cost:	\$
Number of items made:	
Cost per item:	\$
Did you sell? Where? Price Sold for:	\$ Sold at:
Profit per item:	
List household items also used at no cost	

# FCS 4-H Record Book

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## Looking Back - What I learned this year

This section is to be completed at the end of the 4-H year. It is meant to help you look back on all that you learned during the past year. This section includes the following parts:

- My goals completed
- Knowledge and skills I gained
- The three most important things I learned
- Telling my story



### My goals completed

Look back on the goals you set for yourself at the beginning of the year. How well did you meet those goals? If you added new goals during the year, add them and explain them below.

My goals for this year	How well did each goal get met?

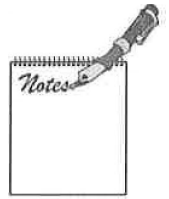
### The three most important things I learned



Even if you learned a lot of different things in 4-H, think of what was the most important for you. Then, list the three most important things you learned in this project during the past year in the boxes below.

The <b>3</b> most important things I learned in this project during the past year were ...
1.
2.
3.

# Thinking Ahead - My goals for next year



Now is a good time to begin thinking about what you'd like to do or learn in 4-H next year. List some of your goals for next year and what plan you have to accomplish your goals.

My goal for next year	What I need to do to reach this goal

Feel free to attach additional pages to this record book if needed.

# The 4-H Pledge

1 PLEDGE . . .

. . .my HEAD to clearer thinking, . . .my HEART to greater loyalty, . . .my HANDS to larger service, . . .and my HEALTH to better living, for my club, my community, my country, and my world.



4-H Motto

"To Make the Best, Better" 4-H Slogan

"Learning by Doing"

Visit the NJ 4-H web site: [www.ni4h.rutgers.edu](http://www.ni4h.rutgers.edu)

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