

Due October 1

Forms submitted after the due date will not be judged and are ineligible for awards.

Senior (13-18 years old)

Age as of September 1, 2014 14

2015 4-H Project Summary

AWARD AREA (See back of form) Healthy Lifestyle Education

Name Sandy 4-Hers 4-H Club Lucky Clovers

Birth date July 30, 2001 Years in 4-H 6

TO BE COMPLETED IN THE CHILD'S OWN HAND WRITING AND WORDS.

I LEARNED: List the major things you learned and skills you gained in this award area.

I learned the importance of measuring accurately. I had never made an angel food cake from scratch so I tried one. I learned that you can't stir the egg whites too much or they will fall. I tried making cookies using applesauce as a substitute for the shortening. They turned out good and had way less fat in them. I made cookies with a regular oven + then tried it with a convection oven. They bake much faster in the convection oven + still get nicely browned.

TALKS, DEMONSTRATIONS AND OTHER LEARNING EXPERIENCES IN THIS AWARD AREA

How did you share what you have learned with others?

I explained to the judge how I made cookies + angel food cake.

Project Expo Display - Fun After School Snacks
Showed my club how to make taco dip + then served it for a snack.

Did a food demo in English class on making fruit kebobs + dip.

SEE BACK SIDE>>>

EXHIBITS AND RECOGNITION RECEIVED

List where you exhibited your project(s) and any awards or recognition you received.

Project	Exhibited at:	Award Received
Project Expo	Ransom Co.	Purple
Project Expo	State Fair	Award of Excellence
Angel food Cake	R.C. Fair	Blue
Pumpkin Surprise Cookies	R.C. Fair	Blue
My Plate Poster	State Fair	Blue

Award Areas - Use one form for each bolded area. Some Award Areas include multiple projects.

- Beef**
- Dairy**
- Goats**
- Swine**
- Sheep**
- Horse**
- Poultry**
- Rabbits**
- Pet Care & Dog Obedience**
- Plant & Animal Science** (includes Crop Production, Corn Project, Sunflower Project, & Vet Science, Animal Statics)
- Environmental & Earth Sciences** (includes Bird Watching, Recycling, Butterfly, Entomology, Environment, Fishing, Forestry, Nature Trails, Outdoor Skills, Outdoor Adventures, Shooting Sports, Wildlife)
- Consumer & Family Sciences** (includes Consumer Management, Money Management, Child Development & Home Environment: Extras for Your Room, Design Decisions)
- Clothing & Textiles** (includes All Sewing: Sew Fun, Let's Sew, Refine Design, Sewing in Style, Pillows Totes and More & Decorate your Duds)
- Engineering, Science & Technology** (includes Aerospace, Bicycle, Computers, Geospatial, Robotics, Small Engines, Electricity, Models Technology, Welding & Wind Energy)
- Woodworking**
- Horticulture** (includes Gardening, Container Gardening & Flower Gardening)
- Citizenship & Leadership** (includes Careers, Entrepreneurship, Leadership, Citizenship, Communications, Film Making, Genealogy)
- Creative Arts** (includes Arranging Flowers, Sketchbook Crossroads, Portfolio Pathways, Clay & Plaster, Clowning, Drawing & Painting, DYOT, Glue Solution, Leather Craft, Theatre Arts, R.C. Handicrafts, Scrapbooking, Crochet, Embroidery, Knitting, Latchhook, Macramé, Needlepoint, Quilting, Fiber Arts, Wood Arts)
- Photography**
- Healthy Lifestyle Education** (includes Breads, Baking, Decorated Food, Cooking, Outdoor Cooking, Microwave & Health and Fitness)
- Food Preservation** (includes Canning & Dehydrating)
- Cloverbuds**



NDSU EXTENSION SERVICE

Do NOT use or turn in previous year's forms