

Other Important Things to Do

Demonstrations

- Give a demonstration on how to make a cake or food science.

Citizenship

- Help with a food drive
- Visit a nursing home. Call first to see if you can bring home-baked treats.
- Help with a soup kitchen.
- Bake for family, friends, shut-ins, neighbors.

Leadership

- Serve as a junior leader for a 4-H food project group.
- Chair a club picnic, party or special event.
- Inspire other 4-H members to excel.

Career Exploration

- Learn about careers in food preparation, microbiology or food science.
- Interview someone in the field that interests you.
- Ask the person what he or she enjoys most.
- Ask the person why he or she chose that career.
- Ask the person how he or she got started.
- Ask the person what training he or she had to succeed.

Keep a record of your 4-H activities.

- Use the form in this project, or a form you designed on the computer program.