

Jane Doe
Athens-Clarke County
Better Breakfast Project

Background Information

Hello, let me tell you a little bit about myself. I am Jane Doe, a 7th grade student in Athens-Clarke County. This is my third year to participate in 4-H at school. Last summer I attended 4-H camp at Rock Eagle. I had such a good time and made so many new friends that I want to do more in 4-H. I did a project last year in the dog care and training category because I take care of the family cocker spaniel and she is my faithful companion. I was very excited to win second place.

Now that I am a junior and the food lab projects are available, I have decided that this year I would like to compete in the Better Breakfast category. I love to cook and I spend a lot of time in the kitchen helping my mom and other family members. I think this is a project that I can do very well in and something that I enjoy a lot.

Main Project Work

- Studied nutrition and the food groups in health class at school
- Learned about danger zone, cross contamination and other food safety issues in 4-H program
- Visited the web site: www.myplate.gov to learn more about proper nutrition and healthy substitutions
- Learned about reading nutrition fact labels on food at the grocery to make healthy choices
- Learned to plan a menu before going to grocery store to do the weekly shopping
- Learned to look for coupons and weekly sales to help in menu planning
- Cook breakfast for my family at least one weekend each month
- Breakfast foods that I regularly prepare include pancakes, biscuits, bacon, sausage, scrambled eggs and breakfast burritos
- Prepare afterschool snacks for my little brother and me every day
- Learned to prepare one dish meals in crock pot
- Wrote a recipe and entered the 4-H Peanutrition contest
- Working with my mom and grandmother I have learned to make several dishes this year including banana bread, zucchini bread, macaroni and cheese casserole, lasagna, tuna casserole

Main Project Sharing and Helping

- Volunteered with my church youth group to prepare and serve meals 6 times at local homeless shelter
- Prepared and donated cookies for a bake sale at my school to raise money for school Relay for Life team
- Helped mother prepare food for bereavement committee (for families who have had a death) 8 times
- Assist my family at meal time by setting the table before the evening meal five nights per week
- Responsible for clearing the table each evening, loading and unloading the dish washer five nights per week
- Baked and donated a cake for the cake walk at Fall Festival school fund raiser
- Assist mother with weekly family grocery shopping
- Clip and organize coupons to help mom save money when grocery shopping

Leadership

- Attend all 4-H meetings at my school
- Ran for 4-H club officer
- Attended 4-H Junior leadership conference at Rock Eagle
- Peer mediator at my school
- Decorating committee for school pep rallies

Citizenship

- Collect and donate aluminum can tabs for the 4-H service project
- Donated canned foods for the school holiday Can-a-Thon
- Rang the bell for Salvation Army holiday Kettle Drive
- Donated gently used clothing items including hats and coats to church clothing drive
- Always recycle paper, glass, and plastic containers instead of throwing in the trash

4-H Activities

- Attended 4-H summer camp at Rock Eagle
- Attended Cloverleaf County Project Achievement in dog care project
- Attended Cloverleaf District Project Achievement in dog care project
- Entered card in the 4-H holiday card contest
- Entered 6 photographs in the 4-H photography contest
- Went to 4 practices at the 4-H office for Consumer Judging
- Competed in the district Consumer Judging contest
- Attended a 4-H portfolio workshop

Other Activities

- Member of school band/orchestra
- Member of school art club
- A B honor roll at my school
- Attend youth group twice each month at my church
- Play basketball for my school
- Play little league softball
- Recognized at school honors night for perfect attendance



Finishing the breakfast entree



↑ This is our county group at Cloverleaf camp at Rock Eagle. I'm in the back row.



↑ Ringing the bell for the Salvation Army



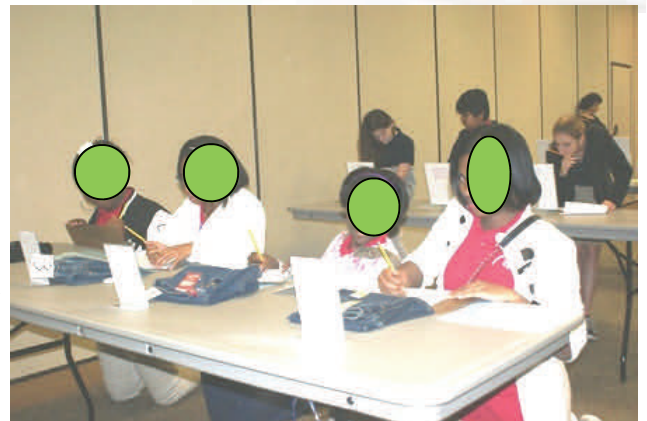
↑ Here is a place setting and my soup that I made



→ This is me working in the kitchen at my home



← Clean up is just as important as cooking



→ This is at the consumer judging competition