

Utah 4-H Extension Office 4900 Old Main Hill Logan, Utah 84322

State Portfolio Contest

To whom it may concern:

I have been involved in 4-H since before I was old enough to be a Cloverbud. Now that I am , I love being able to do my own projects. I especially like getting feedback about my projects from the judges. Some of the projects I have done in 4-H are favorite foods, public speaking, STEM, leadership and leadership. One of the things I learned how to do this year is to be resilient. I learned to keep trying and not give up when I was in the robotics club. I could not find the correct length to program into the robot. I kept trying until I figured it out. That is one way I learned to be resilient.

I have learned many things about cooking this year. I wanted to learn about cooking because it's a good life skill and I will need to be able to cook for my family. Some of the things I have learned to make are sugar crystals, hot chocolate bombs, waffles, omlottes and potatoe soup. I am excited to learn to make more main dishes this year. Cooking is one of the great life skills I've learned.

Throughout this year, I helped create and plant two community gardens at our local senior	
citizen centers. First, we had to get rid of all the weeds at the	Senior Center. We had
to move a huge truckload of dirt into the garden boxes at the	Senior Center so we
could grow many nutritious vegetables. Finally, I planted kale and beets in my box at the	
Senior Center. We gave most of the vegetables we grew to the senior citizens that visit	
the center. This service project was a lot of work, but it was fun!	

This year, I have set the goal to get more involved in 4-H competitions. I want to do this to help me learn more life skills. I want to get into competitions like favorite foods, demonstrations, design challenge and pixellations. I am excited to learn new things through these activities.

Because of 4-H, I have learned to be more resilient. I have also had the opportunity to help senior citizens with the garden. I have learned many new cooking skills. I am excited to get more involved in competitions this next year. This is why I love 4-H so much!

Sincerely,