**Mendocino County 4-H Youth Development Program**

**Level III Foods/Cooking & Nutrition Proficiency**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To obtain Level III Foods/Cooking & Nutrition Proficiency, complete 80% of the following items.

Date Completed/

Project Leader Initials:

\_\_\_\_\_\_\_\_1. Describe three diseases or health conditions and their treatment or prevention using

dietary measures.

\_\_\_\_\_\_\_\_ 2. Describe five ways to save money on your family’s food bill. Make up a menu for a

complete meal. Do a mock shopping trip, writing down the foods needed for the meal,

the brands, the amounts and prices. Discuss what was learned in this experience.

\_\_\_\_\_\_\_\_ 3. Organize a display or demonstration related to the foods project at Presentation Day,

fair, field day, or other 4-H or community event.

\_\_\_\_\_\_\_\_ 4. Alone or with your project group, select a nutrition topic you would like to know more

about, research the topic, and share the information with others in two of the following

ways:

Bulletin Board Display or Poster Judging Kit

Written Pamphlet Radio or TV Spot

News Article Club/Group Discussion

\_\_\_\_\_\_\_\_ 5. Compare a bag lunch from home, a school lunch, and a fast food meal with respect

to cost, preparation time, calories, and nutrition and report your findings to a leader or

project group.

\_\_\_\_\_\_\_\_ 6. Create a personal recipe file of at least 50 recipes you have or would like to prepare,

including breads, main dishes, salads, vegetable dishes, desserts, pasta, rice dishes,

and appetizers and/or snacks.

\_\_\_\_\_\_\_\_ 7. Arrange for the foods project group to visit a work place in some aspect of the food

industry and list at least five things learned through this activity.

\_\_\_\_\_\_\_\_ 8. Using a prepared list, shop for a meal for your family. Figure out approximately how

much the meal costs per person.

\_\_\_\_\_\_\_\_ 9. Report on the history of some aspect of your foods project.

\_\_\_\_\_\_\_\_10. Make a food product and enter it in a fair, 4-H or community event.

\_\_\_\_\_\_\_\_11. Help plan and participate in a community service or service-learning project related to

foods and nutrition.

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**Level III Foods/Cooking & Nutrition Proficiency continued**

**Completion of Level III Foods/Cooking & Nutrition Proficiency**

The member has successfully completed 80% (9 of 11) of the above items.

Member’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Project Leader’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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