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

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

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

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

Date Completed/

Project Leader Initials:

\_\_\_\_\_\_\_\_ 1. Assist younger members in preparing recipes.

\_\_\_\_\_\_\_\_ 2. Prepare teaching materials for use at project meetings.

\_\_\_\_\_\_\_\_ 3. Develop and put on a judging event for the project group or club.

\_\_\_\_\_\_\_\_ 4. Speak on a food project-based subject before an organization other than your 4-H

group.

\_\_\_\_\_\_\_\_ 5. Assist in a food show or nutrition workshop.

\_\_\_\_\_\_\_\_ 6. Assist younger members in learning a specific topic in the foods project.

\_\_\_\_\_\_\_\_ 7. Use your imagination to create a brand new food product. Design a package for the

product, including information for a food label. Develop an advertising and

promotional campaign for this new product. Describe how will you create interest in

and demand for the new product.

\_\_\_\_\_\_\_\_ 8. Develop your own special project related activity or experiment. Chart your progress

plan the activities, analyze successes and problems, and report your findings.

\_\_\_\_\_\_\_\_ 9. Help organize an implement a food related count event or activity.

\_\_\_\_\_\_\_\_10. Prepare a paper of 300 words or more on one of the following topics: (check one)

History or a vitamin

Pros and cons of vegetarianism

Role of advertising in food choices How food processing affects nutrient values

Technological advances in food preparation

Cultural influences of food choices

Nutrition and its role in a specific health condition

Dietary guidelines for Americans

Nutrition and Athlete Performance

Food for preschoolers

Page 1 of 2 Revised 2014

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

The member has successfully completed 80% (8 of 10) of the above items.

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

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

Page 2 of 2 Revised 2014