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

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

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

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

Date Completed/

Project Leader Initials:

\_\_\_\_\_\_\_\_ 1. Name the basic food groups in the Food Pyramid and identify serving sixes and the

 number of daily servings needed from each of the groups.

\_\_\_\_\_\_\_\_ 2. Name four nutrients and describe the main function of each in the human body. Name

 three good food sources of each nutrient.

\_\_\_\_\_\_\_\_ 3. Describe how to measure you fitness level and identify at least four fitness activities

 you could enjoy.

\_\_\_\_\_\_\_\_ 4. Demonstrate how to measure using dry measuring cups, liquid measure, packed measure, and measuring spoons. Name two ingredients that are measured each way.

\_\_\_\_\_\_\_\_ 5. Discuss the differences in the following cooking methods, and give an example of foods

 cooked by each method.

 Bake Fry Sauté Broil Boil

 Roast Steam Microwave Open Flame

\_\_\_\_\_\_\_\_ 6. Name ten different tools used in the preparation of food. Tell how to safely use and

 clean each item.

\_\_\_\_\_\_\_\_ 7. Discuss why it is important to have and maintain a clean work area while cooking.

\_\_\_\_\_\_\_\_ 8. Demonstrate how to properly cook eggs in tree different ways.

\_\_\_\_\_\_\_\_ 9. Plan a breakfast or lunch for your family or project group. Make a list of all the

 ingredients needed to cook the meal. Prepare and serve the meal. Discuss how the

 Food Pyramid was used to plan the menu, what food groups were used and those not

 included.

\_\_\_\_\_\_\_\_10. Prepare at least three nutritious snacks and explain why they are considered nutritious.

\_\_\_\_\_\_\_\_11. Demonstrate how to safely use a sharp knife for cutting and chopping.

\_\_\_\_\_\_\_\_12. Collect ten recipes you like, make one and share it with your project group or club.

\_\_\_\_\_\_\_\_13. Describe at least two ways to conserve energy during food preparation.

Page 1 of 2 Revised 2014

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

\_\_\_\_\_\_\_14. Identify the main information a food label, state the major ingredients in the food product

 using the ingredient listing on the food label.

\_\_\_\_\_\_\_15. Demonstrate how to present an attractive meal.

\_\_\_\_\_\_\_16. Describe what meant by the term “balanced meal”.

\_\_\_\_\_\_\_17. Make a food product and enter it in a 4-H event, fair, or community event.

\_\_\_\_\_\_\_18. Help plan and participate in a community service or service-learning project related to

foods and nutrition.

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

The member has successfully completed 80% (14 of 18) of the above items.

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

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

Page 2 of 2 Revised 2014