

FOODS AND NUTRITION

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award

Level 3:

<u>Date</u>	<u>Leader's</u>
<u>Completed</u>	<u>Initials</u>

1. Invite a guest speaker to one of your meetings and introduce them to the group. _____
2. Explain or describe three diseases or health conditions and their treatment or prevention using dietary measures. _____
3. Keep a personal reference library of literature that will be helpful in your project. _____
4. Use your imagination to create a brand new food product. Design a package for the product, including the information for a food label. Develop an advertising and promotional campaign for this new product. How will you create an interest in and demand for the new product? _____
5. Contact a local, state, or national association related to your project. Explain to your project or group what this association has to offer its members or other interested individuals. _____
6. Describe, in detail, five ways to save money on your family food bills. _____
7. Create a personal recipe file of at least fifty recipes you have prepared, including breads, main dishes, salads, vegetable foods, desserts, pasta, rice dishes, and appetizers. _____
8. Set up a display or demonstration of your project at Presentation Day/Fairs/County field days. _____
9. Alone or with your group, select a nutrition topic you would like to know more about, research this topic, and share this information with others in two of the following ways:
 - bulletin board display
 - judging kit
 - written pamphlet
 - poster
 - news article
 - club/group discussion
 - radio spot

10. Compare a brown bag lunch from home, a school lunch, and a fast-food lunch with respect to cost, preparation time, and calories. _____
11. Using a prepared list, shop for a meal for your family. Figure out approximately how much, the meal costs per person. _____
12. Report the history of one aspect, of your project. _____
13. Visit an individual at work in some aspect of the food industry. Discuss at least five new things you learned. _____

Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____