

FOODS AND NUTRITION

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award

Level 4:

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

- | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|
| 1. Serve as Junior or Teen leader in this project for one year. | _____ | _____ |
| 2. Assist younger members in preparing recipes. | _____ | _____ |
| 3. Prepare teaching materials for use at project meetings. | _____ | _____ |
| 4. Develop and put on a judging event or train a junior team for an event. | _____ | _____ |
| 5. Speak on a project-based subject before an organization other than your 4-H group. | _____ | _____ |
| 6. Assist younger members in actually learning a specific topic in the project. | _____ | _____ |
| 7. Develop your own special project related activity. Chart your progress, plan the activities, analyze successes and problems, and report on findings. | _____ | _____ |
| 8. Assist at a food show or nutrition workshop. | _____ | _____ |

Project Leader's Signature of Completion: _____

Date: _____

Club Leader's Signature of Completion: _____

Date: _____