

# FOODS AND NUTRITION

*Sonoma County 4-H*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Guidelines for Project Proficiency Award  
Level 5:

| <u>Date</u><br><u>Completed</u> | <u>Leader's</u><br><u>Initials</u> |
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1. Report on the results of a demonstration comparing measurable differences in some aspect of your project (experiment).

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2. Prepare a paper of 300 words or more on one of the following topics:

- History of 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 on food choices
- Nutrition and its role in a specific health condition
- Dietary Guidelines for Americans
- Food for Preschoolers
- Nutrition and Athlete Performance
- Other

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3. Prepare a speech or illustrated talk to orally summarize your findings and present at a club, project meeting or other educational event.

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Project Leader's Signature of Completion: \_\_\_\_\_

Date: \_\_\_\_\_

Club Leader's Signature of Completion: \_\_\_\_\_

Date: \_\_\_\_\_