



**University of California**

Agriculture and Natural Resources

4-H Youth Development Program

**4-H Members Name:** \_\_\_\_\_ **Club:** \_\_\_\_\_

## FOOD AND NUTRITION - Level 1

The Explorer level is the most basic of all levels. The youth begins to explore the boundaries of the project area, touching on many skills and knowledge areas that will be expanded later.

**Date**   **Initial**

- \_\_\_\_\_ 1. Name the basic food groups in the Food Pyramid. Identify standard serving sizes and the number of daily servings needed from each of the groups.
- \_\_\_\_\_ 2. Name four nutrients and describe the main functions of each in the human body. Name three good food sources of each nutrient.
- \_\_\_\_\_ 3. Describe how to measure your own fitness level and identify at least four fitness activities you could enjoy.
- \_\_\_\_\_ 4. Explain why it is important to eat breakfast; plan and prepare a simple breakfast menu.
- \_\_\_\_\_ 5. Demonstrate how to measure liquid and dry ingredients correctly.
- \_\_\_\_\_ 6. Name ten common cooking utensils found in the kitchen.
- \_\_\_\_\_ 7. Demonstrate how to use a sharp knife safely for cutting and chopping.
- \_\_\_\_\_ 8. Demonstrate how to safely use the oven, stove top and microwave oven.
- \_\_\_\_\_ 9. Prepare at least three nutritious snacks.
- \_\_\_\_\_ 10. Describe at least two ways to conserve energy when cooking.
- \_\_\_\_\_ 11. Plan and prepare a simple balanced menu for your family and share your menu with your project members.
- \_\_\_\_\_ 12. Identify the main information on a food label; state the major ingredient in the food product using the ingredient listing on a food label.
- \_\_\_\_\_ 13. Explain two common courtesies expected during food preparation.
- \_\_\_\_\_ 14. Demonstrate how to present an attractive meal.
- \_\_\_\_\_ 15. Describe what is meant by the term "balanced diet."

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

4-H Program Representative Approval: \_\_\_\_\_ Date: \_\_\_\_\_

COMMENTS: \_\_\_\_\_  
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## FOOD AND NUTRITION - Level 2

**The Producer level builds and expands on the knowledge and skills learned in level 1- Explorer.**

**Date Initial**

- \_\_\_\_\_ 1. Keep a record of all you have eaten for 3 days. Check to see if you have eaten the recommended number of servings from each food group in the Food Group in the Food Pyramid. Discuss any changes you should make in your diet.
- \_\_\_\_\_ 2. Name at least 4 foods high in sodium, 4 high in fat, and 4 high in sugar. Name lower sodium/fat/sugar alternatives for these foods.
- \_\_\_\_\_ 3. State the function of each of the following nutrients in the body and be able to name 4 food sources for each: Calcium, Iron, Protein, Vitamin A, B Vitamins, Vitamin C.
- \_\_\_\_\_ 4. List the pros and cons of taking a vitamin-mineral supplement.
- \_\_\_\_\_ 5. Describe the role of fiber in the digestive tract and name 4 good food sources.
- \_\_\_\_\_ 6. List 3 basic rules for keeping food safe to eat. Describe the classic symptoms of food poisoning.
- \_\_\_\_\_ 7. Prepare vegetables by steaming, stir frying, microwave and baking. Compare prep time, ease of cooking and effect on color and flavor.
- \_\_\_\_\_ 8. Display something you have created in your project at least once outside of your project group.
- \_\_\_\_\_ 9. Visit someone who is an expert in some field of Food and Nutrition. Find out about the necessary educational background and job responsibilities by interviewing them.
- \_\_\_\_\_ 11. Set up a personal physical fitness plan and keep track of your exercise and fitness over a 2 month period.
- \_\_\_\_\_ 12. Try at least 4 new recipes for food you have never tried before, including whole grains, fresh vegetables, and dried beans.
- \_\_\_\_\_ 13. Compare the cost of making an item from scratch with the cost of buying it ready-made or in prepared mix packages.

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### FOOD AND NUTRITION - Level 3

The Consumer level takes the member beyond the immediate project, out into the community, as they explore the project area in depth.

**Date**   **Initial**

- \_\_\_\_ 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. Use your imagination to create a brand new food product. Design a package for the product, include an informational food label. Develop an advertising and promotional campaign for it. How will you create an interest in and demand for the new product?
- \_\_\_\_ 4. Describe, in detail, five ways to save money on your family food bills.
- \_\_\_\_ 5. Create a personal recipe file of at least fifty recipes you have pre-pared, including breads, main dishes, salads, vegetable foods, desserts, pasta, rice dishes, and appetizers.
- \_\_\_\_ 6. Compare a brown bag lunch from home, a school lunch, and a fast-food lunch with respect to cost, preparation time, and calories.
- \_\_\_\_ 7. Visit an individual at work in some aspect of the food industry. Discuss at least five new things you learned.
- \_\_\_\_ 8. Serve as Junior or Teen leader in this project for one year.
- \_\_\_\_ 9. Assist younger members in preparing recipes.
- \_\_\_\_ 10. Prepare teaching materials for use at project meetings.
- \_\_\_\_ 11. 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 and Other

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4-H Program Representative Approval: \_\_\_\_\_ Date: \_\_\_\_\_

COMMENTS: \_\_\_\_\_

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