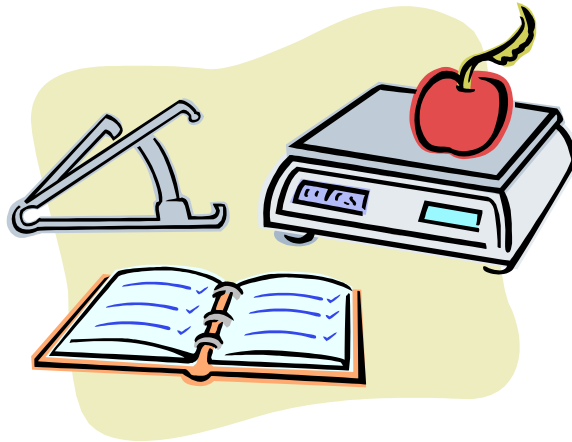


Nevada County 4-H *Foods & Nutrition* Proficiency Program



LEVEL II – PRODUCER

NAME: _____

CLUB: _____

PROJECT: _____

PRIMARY MEMBERS ARE NOT ELIBIGLE TO PARTICIPATE IN PROFICIENCY PROGRAMS.

1. Keep a good record of all you have eaten for three days. Check to see if you have eaten the recommended number of servings from each food group in the Food Pyramid for the three days. Discuss any changes you should make in your diet.

Project Leader's signature *Date*

2. Name at least four foods high in sodium, four foods high in fat, and four foods high in sugar. Name lower sodium/fat/sugar alternatives for these foods.

Foods high in sodium	Alternatives
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Foods high in fat	Alternatives
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

Foods high in sugar	Alternatives
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

3. State the function of each of the following nutrients in the body and be able to name four food sources for each: Calcium, Iron, Protein, Vitamin A, B Vitamins, Vitamin C.

Calcium	_____
Iron	_____
Vit A	_____
Vit B	_____
Vit C	_____

4. List the pros and cons of taking a vitamin-mineral supplement.

Pros _____

Cons _____

5. Describe the role of fiber in the digestive tract and name four good food sources.

6. List three basic rules for keeping food safe to eat.

1. _____
2. _____
3. _____

7. Describe the classic symptoms of food poisoning.

8. Prepare vegetables by steaming; stir frying, microwave preparation, baking. Compare time of preparation, ease of cooking, effect on color and flavor. Attach a listing of your findings.

Project Leader's signature

Date

9. Display something you have created in your project at least once outside of your project group.

Project Leader's signature

Date

10. Discuss two different types of vegetarian diets. Plan a day's menu, following the Food Pyramid, for a vegetarian eating plan. Prepare a balanced vegetarian menu that includes no animal products. Attach a report.

Project Leader's signature

Date

11. 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 the professional.

Project Leader's signature

Date

12. Set up a personal fitness plan and keep track of your exercise and fitness over a two month period. Attach your records.

Project Leader's signature

Date

13. Try at least four new recipes for foods you have never tried before, including whole grains, fresh vegetables, and dried beans.

Project Leader's signature

Date

14. Compare the cost of making an item from scratch with the cost of buying it ready made or in prepared mix packages.

_____ *Project Leader's signature* _____ *Date*

15. Help someone else by sharing your knowledge or by giving away a product from your project to show positive citizenship.

_____ *Project Leader's signature* _____ *Date*



Congratulations!
You have completed Level II of the Foods & Nutrition Proficiency Program.

Name _____ Age _____

Club _____

Project _____

Project Leader's _____
Printed Name Signature

Date _____

County Coordinator's _____
Printed Name Signature

Date _____