

4-H

Food Conservation Proficiency Program

A Member's Guide

OVERVIEW

The **4-H Food Conservation Proficiency program** helps you learn what you need to know about your 4-H project. Your project leader will assist you in setting and achieving your goals. Through your project you will acquire food conservation skills and learn about food safety, home food preservation and food nutrition.

There are many resources to help you learn about your project:

- ◆ The *4-H Publications Catalog* lists a variety of project materials and resources recommended for use in your project.
- ◆ The *4-H Educational Resources Lending Library* at your county 4-H office includes other books, videos and reference materials that can be checked out by members and leaders.
- ◆ County Public Health Department as well as restaurants are good sources of information.
- ◆ Food specialty stores frequently offer classes and other educational activities.

There are five levels in the Project Proficiency Program. You may choose how many levels you wish to complete:

- **Level I – “Explorer”**, you begin to learn about food conservation and why it is important.
- **Level II – “Producer”**, you learn about home preservation and food safety.
- **Level III – “Consumer”**, you become experienced in many areas of food conservation and learn more about the food industry.
- **Level IV – “Leader”**, allows you to show your own leadership potential.
- **Level V – “Researcher”**, you carry out a demonstration or experiment on some aspect of food conservation and prepare a paper or portfolio.

As you work through the proficiency program, your leader will date each skill item as you complete it. When all items in a proficiency level are completed, your leader will sign the Certificate of Achievement and notify your 4-H office. Medals are awarded at Achievement Night.

Food Conservation Proficiency

Level I - Explorer

Date _____

Completed _____

- _____ 1. Explain what food conservation is; and why food conservation is important.
- _____ 2. Why is it helpful to know serving sizes and how to measure them?
- _____ 3. What is the usual serving amount for the following food items?
 Hamburger Spaghetti Steak Beverages
- _____ 4. Discuss what elements you need to protect food from.
- _____ 5. When holding food for serving; what temperature do you keep foods hot? Cold.
- _____ 6. How do you keep food safe from insects; when serving? When storing?
- _____ 7. Explain how to package leftovers safely for putting them in the refrigerator; freezer?
- _____ 8. How many times can leftovers be warmed up safely? How do you re-warm leftovers?
- _____ 9. What is the proper method for defrosting food from the freezer?
- _____ 10. When purchasing food, what is important to look for on the label?
- _____ 11. Explain how to “price shop” using ads and in-store pricing tags.
- _____ 12. How can one be economical when buying food? Explain bulk buying and when it is useful and when not.
- _____ 13. Discuss how proper food storage can conserve food.
- _____ 14. Explain rotation of food on shelves and in the freezer. Why is it important to have food stuffs rotated?
- _____ 15. What is the average shelf life of the following? Canned foods Frozen foods Dry foods
- _____ 16. Why is it important if check dates on food packages before purchasing them? Explain how to read a date on a food package.
- _____ 17. How can you tell if a can of food is spoiled? What can cause a can of food to spoil?
- _____ 18. Demonstrate how to plan, shop and serve food without unnecessary waste; for a family; for a large group.
- _____ 19. Discuss how you can introduce new foods to your family and avoid waste.
- _____ 20. Alone or with your project, provide a community service demonstrating food conservation at a 4-H function, or other community event.

Member's name: _____ Date: _____

Project Leader's Signature: _____ Date: _____

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Food Conservation Proficiency

Level II - Producer

Date _____

Completed _____

- _____ 1. How much and what kind of food should each household have on hand for an emergency? How do you keep this "saved food" safe?
- _____ 2. What is the average shelf life of commercially canned food? What is the shelf life of home canned food? What information should one put on a label for home canned food?
- _____ 3. Why is home preservation of food important to food conservation?
- _____ 4. Name 6 ways of preserving food safety.
- _____ 5. At what temperature is food safety frozen? Explain how to prepare food for long term freezer storage. What is the average life of frozen food?
- _____ 6. What foods are used for drying? Discuss how to prepare food for drying.
- _____ 7. What is the difference in commercial dry yards and home drying? Explain two ways to dry food at home. How to you judge when food is finished drying?
- _____ 8. What are the three methods of home canning foods?
- _____ 9. Explain how to Hot pack, Cold pack and Pressure can foods. Tell what foods are appropriate for each method, and what foods cannot be canned in each method.
- _____ 10. What is a test for home canned products to tell if they are properly sealed? Why is a good seal important?
- _____ 11. Make a home canned product and enter it in a local fair or other 4-H event.
- _____ 12. Alone or with your project, demonstrate food conservation and safety at a community or 4-H event.

Member's name: _____

Date: _____

Project Leader's Signature: _____

Date: _____

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*Approved by Lake County 4-H Council, January 2001
Developed By: Kristine Eutenier, 4-H Project Leader*

Food Conservation Proficiency

Level III - Consumer

Date _____
Completed _____

- _____ 1. Invite a guest speaker from the food industry to one of your project meetings and introduce them to the group. Be prepared to tell about this person's job, and how it relates to food conservation.
- _____ 2. Explain or describe three diseases or health conditions related to food and their prevention and treatment.
- _____ 3. Spend some time around your home and develop a plan for food conservation that would help your family save on expenses and food. Discuss your findings and plan with your project.
- _____ 4. Alone or with your project group, select a topic you would like to know more about. Research it and share this information with others in one of the following ways:
 Bulletin Board Display Judging Kit
 Written Pamphlet Radio or TV spot
 News Article Club/project discussion
- _____ 5. Compare costs, nutrition and waste on the following: lunch; brown bag, school lunch; fast food. Report your findings to your project.
- _____ 6. Plan a meal for your family. List the ingredients you will need, preparation schedule and nutrition value of the meal. Shop, comparing prices of brands and stores, prepare the meal and take care of leftovers. Discuss what you learned with your project.
- _____ 7. Contact a local, state or national association related to your project. Explain to your project what this association has to offer its members or other interested individuals.
- _____ 8. Set up a display or demonstration of your project as a Presentation Day/Fair or 4-H Event.
- _____ 9. Report on the history of one aspect of your project.
- _____ 10. Visit a commercial food plant. Discuss what you learned with your project.

Member's name: _____ Date: _____

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Project Leader's Signature: _____

Date: _____

Food Conservation Proficiency
Level IV - Leader

Date
Completed

- _____ 1. Complete one year as Junior or Teen leader in this project.
- _____ 2. Assist younger members in designing and constructing needed equipment.
- _____ 3. Prepare teaching materials for use at project meetings.
- _____ 4. Develop and put on a demonstration or judging event, or train a junior team for such an event.
- _____ 5. Speak on a project-based subject before an organization other than your 4-H group.
- _____ 6. Assist at an event in your community.
- _____ 7. Assist younger members in learning a specific topic in the project.
- _____ 8. Develop your own special activity. Chart your progress, plan the activities, analyze successes and problems, and report on findings.

Member's Name: _____

Date: _____

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Food Conservation Proficiency
Level V - Researcher

Date _____
Completed _____

- _____ 1. Carry through and report on the results of a demonstration comparing measurable differences in management procedure. (experiment)

- _____ 2. Prepare a paper of 300 words or more on one of the following subjects. Orally summarize report at project meeting or other educational event.
 - Management of plants
 - Fertilization
 - Diseases, prevention and control, and general sanitation
 - Markets and methods of marketing
 - Reproduction, breeding and genetics
 - By-product preparation for market, how marketed, and used
 - Keeping and using records as a basis for improving your plant project
 - Other

Member's Name: _____ Date: _____

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Project Leader's Signature: _____ Date: _____

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Certificate of Achievement

This certifies that

has completed the _____ Proficiency

in _____ County.

Explorer

Producer

Consumer

Leader

Researcher

Date

Date

Date

Date

Date

Leader's Signature

Leader's Signature

Leader's Signature

Leader's Signature

Leader's Signatue

NOTES

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Developed By: Kristine Eutenier, 4-H Project Leader

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