

FOODS AND NUTRITION

Sonoma County 4-H

Name: _____ Date: _____

Guidelines for Project Proficiency Award

Level 1:

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

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|---|-------|-------|
| 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: _____

Club Leader's Signature of Completion: _____

Date: _____