

# FOODS AND NUTRITION

*Sonoma County 4-H*

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

Guidelines for Project Proficiency Award

Level 2:

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

- |   |       |       |
|---|-------|-------|
| 1. Keep a good 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. Discuss 2 types of vegetarian diets. Plan a day's menu following the Food Pyramid for a vegetarian eating plan. Prepare a vegetarian menu that includes on animal products.  | _____ | _____ |
| 10. 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.  | _____ | _____ |
| 14. Help someone else by sharing your knowledge or by giving away a product from your project to show positive citizenship.   | _____ | _____ |

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

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

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

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