



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



## *LEVEL I – EXPLORER*

**NAME:** \_\_\_\_\_

**CLUB:** \_\_\_\_\_

**PROJECT:** \_\_\_\_\_

PRIMARY MEMBERS ARE NOT ELIBIGLE TO PARTICIPATE IN PROFICIENCY PROGRAMS.

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.

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2. Name four nutrients and describe the main functions of each in the human body. Name three good food sources of each nutrient.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

3. Describe how to measure your own fitness level and identify at least four fitness activities you could enjoy.

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4. Explain why it is important to eat breakfast, plan and prepare a simple breakfast menu.

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5. Demonstrate how to measure liquid and dry ingredients correctly.

\_\_\_\_\_

*Project leader's signature* *date*

6. Name ten common cooking utensils found in the kitchen.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

7. Demonstrate how to use a sharp knife safely for cutting and chopping.

\_\_\_\_\_ *Project leader's signature* \_\_\_\_\_ *date*

8. Demonstrate how to safely use the oven, stove top, and microwave oven.

\_\_\_\_\_ *Project leader's signature* \_\_\_\_\_ *date*

9. Prepare at least three nutritious snacks.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

\_\_\_\_\_ *Project leader's signature* \_\_\_\_\_ *date*

10. Describe at least two ways to conserve energy when cooking.

1. \_\_\_\_\_  
2. \_\_\_\_\_

11. Plan and prepare a simple balanced menu for your family and share your menu with your project members.

\_\_\_\_\_ *Project leader's signature* \_\_\_\_\_ *date*

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.

\_\_\_\_\_ *Project leader's signature* \_\_\_\_\_ *date*

13. Explain two common courtesies expected during food preparation.

1. \_\_\_\_\_  
2. \_\_\_\_\_

14. Demonstrate how to present an attractive meal.

\_\_\_\_\_ *Project leader's signature* \_\_\_\_\_ *date*

15. Describe what is meant by the term "balanced diet".

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Name \_\_\_\_\_ Age \_\_\_\_\_

Club \_\_\_\_\_

Project \_\_\_\_\_

Project Leader's \_\_\_\_\_  
Printed Name Signature

Date \_\_\_\_\_

County Coordinator's \_\_\_\_\_  
Printed Name Signature

Date \_\_\_\_\_

