



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



LEVEL III – CONSUMER

NAME: _____

CLUB: _____

PROJECT: _____

PRIMARY MEMBERS ARE NOT ELIBIGLE TO PARTICIPATE IN PROFICIENCY PROGRAMS.

1. Invite a guest speaker to one of your meetings and introduce them to the group.

Speaker: _____

Project leader's signature *date*

2. Explain or describe three diseases or health conditions and their treatment or prevention using dietary measures.

- 1. _____
- 2. _____
- 3. _____

3. Keep a personal reference library of literature that will be helpful in your project.

Project leader's signature *date*

4. Use your imagination to create a brand new food product. Design a package for the product, including the information for a food label. Develop an advertising and promotional campaign for this new product. How will you create an interest in and demand for the new product?

Project leader's signature *date*

5. Contact a local, state, or national association related to your project. Explain to your project or group what this association has to offer its members or other interested individuals.

Association: _____

Project leader's signature *date*

6. Describe, in detail, five ways to save money on your family food bills.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

7. Create a personal recipe file of at least fifty recipes you have prepared, including breads, main dishes, salads, vegetable foods, desserts, pasta, rice dishes, and appetizers.

Project leader's signature _____
date

8. Set up a display or demonstration of your project at Presentation Day/Fairs/County field days.

Project leader's signature _____
date

9. Alone or with a group, select a nutrition topic you would like to know more about, research this topic, and share this information with others in two of the following ways.

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> bulletin board display | <input type="checkbox"/> judging kit |
| <input type="checkbox"/> written pamphlet | <input type="checkbox"/> poster |
| <input type="checkbox"/> news article | <input type="checkbox"/> radio spot |
| <input type="checkbox"/> club/group discussion | |

Topic: _____

Project leader's signature _____
date

10. Compare a brown bag lunch from home, a school lunch, and a fast food lunch with respect to cost, preparation time, and calories.

Project leader's signature _____
date

11. Using a prepared list, shop for a meal for your family. Figure out approximately how much the meal costs per person.

Project leader's signature _____
date

12. Report the history of one aspect of your project.

Project leader's signature _____
date

13. Visit an individual at work in some aspect of the food industry. Discuss at least five new things you learned.

Project leader's signature _____
date

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

Name _____ Age _____

Club _____

Project _____

Project Leader's _____
Printed Name Signature

Date _____

County Coordinator's _____
Printed Name Signature

Date _____

