

NEVADA COUNTY 4-H PROFICIENCY PROGRAM

Foods & Nutrition - Overview

The **4-H Foods & Nutrition program** helps you learn what you need to know about your 4-H project. Your leader will assist you in setting and achieving your goals. Through your project you will acquire food preparation skills and learn about purchasing, preparing and serving tasty, attractive, nutritious meals and snacks.

There are many resources to help you learn more 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 and 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 nutritionists and hospital dietitians are good sources of information. Food specialty stores frequently offer classes and other educational activities.

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

- **Level I – “Explorer”**, you begin to learn about nutritious foods and how to prepare snacks.
- **Level II – “Producer”**, you keep a record of what you eat, learn more about nutrition, and try new recipes.
- **Level III – “Consumer”**, you become experienced in many areas of foods and nutrition.
- **Level IV – “Leader”**, allows you to show your own leadership potential and to carry out a demonstration or experiment on some aspect of Food and Nutrition and prepare a paper or portfolio.

As you work through the proficiency program, have your leader date each skill item as you complete it. When all items in a proficiency level are completed, have your leader and county project coordinator sign the Certificate of Achievement.

PRIMARY MEMBERS ARE NOT ELIBIGLE TO PARTICIPATE IN PROFICIENCY PROGRAMS.

