

# Mendocino County 4-H Youth Development Program

## Level I Food Preservation Proficiency

Name: \_\_\_\_\_ Club: \_\_\_\_\_

**To obtain Level I Foods Preservation Proficiency, complete 80% of the following items.**

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

Project Leader Initials: \_\_\_\_\_

- \_\_\_\_\_ 1. Name two types of canners and explain when to use each.
- \_\_\_\_\_ 2. Identify ten tools or pieces of equipment important in canning and explain how each is used.
- \_\_\_\_\_ 3. Give three examples of fruits and vegetables that are acid foods and three that are low acid foods.
- \_\_\_\_\_ 4. When canning fruits or tomatoes, explain the recommended canning method, processing time, and temperature.
- \_\_\_\_\_ 5. Demonstrate and explain how to select fruit or tomatoes for canning.
- \_\_\_\_\_ 6. Demonstrate how to use the water bath canner, assemble equipment, and wash jars.
- \_\_\_\_\_ 7. Demonstrate how to wash and prepare fruit for the hot pack canning process.
- \_\_\_\_\_ 8. Help can three types of fruit or two fruits and tomatoes, at least one using the hot pack method.
- \_\_\_\_\_ 9. Explain how to check for a proper seal, how to label canned foods, and how to properly store canned foods.
- \_\_\_\_\_ 10. Do a cost comparison of a home canned product versus a similar commercially canned product. Explain the benefits and drawbacks of each source of the product.
- \_\_\_\_\_ 11. Explain the methods of making jam or jelly.
- \_\_\_\_\_ 12. Make a freezer jam using commercial pectin, select proper container for freezing, and label and store properly. Explain how color, flavor, and texture might change over time.
- \_\_\_\_\_ 13. Explain why the seasons are important when preserving food.
- \_\_\_\_\_ 14. Explain how drying preserves food and give examples of the ways to dry foods.
- \_\_\_\_\_ 15. Prepare and dry fruit leather from at least two different fruits or a combination of fruits.
- \_\_\_\_\_ 16. What qualities are considered when selection meat for jerky? Explain the steps for sun drying and oven drying.
- \_\_\_\_\_ 17. Describe the advantages and disadvantages of sun drying versus other methods of drying.
- \_\_\_\_\_ 18. Explain how freezing preserves food.

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

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- \_\_\_\_\_19. Explain the types of containers that are suitable for the freezer process. Explain how to seal each type of container and tell why it is important.
- \_\_\_\_\_20. Explain what "freezer burn" is, and tell if it is safe, and how it can be avoided.
- \_\_\_\_\_21. Prepare tomato sauce for freezing.
- \_\_\_\_\_22. Prepare pumpkin or squash for freezing.
- \_\_\_\_\_23. What information should be listed on the freezer container?
- \_\_\_\_\_24. Make a display depicting some aspect of food preservation.
- \_\_\_\_\_25. Individually or in a group use your food preservation skills and knowledge to help people or the community.
- \_\_\_\_\_26. Display food preservation products a fair, window, display, or other event.

**Completion of Level I Foods Preservation Proficiency**

The member has successfully completed 80% (21 of 26) of the above items.

Member's Signature: \_\_\_\_\_

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