**Mendocino County 4-H Youth Development Program**

**Level II Foods/Cooking & Nutrition Proficiency**

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

To obtain Level II Foods/Cooking & Nutrition Proficiency, complete 80% of the following items.

Date Completed/

Project Leader Initials:

\_\_\_\_\_\_\_\_ 1. Keep a record of all you eat for a three day period. Check to see if you have eaten

the recommended number of servings from each food group in the Food Pyramid.

Discuss any changes you should make in your diet.

\_\_\_\_\_\_\_\_ 2. Name at least four foods high in sodium, fat, and sugar. Name lower sodium/fat/sugar

alternatives for these foods.

\_\_\_\_\_\_\_\_ 3. State the functions of each of the following nutrients in the body and name four food

sources for each:

Calcium, Iron Protein Vitamin A B Vitamins Vitamin C

\_\_\_\_\_\_\_\_ 4. Describe the role for keeping food safe to eat. Describe the classic symptoms of food

poisoning.

\_\_\_\_\_\_\_\_ 5. Describe the role of fiber in the digestive tract and name four good food sources of fiber.

\_\_\_\_\_\_\_\_ 6. Prepare vegetables by the following methods: steaming, stir-frying, microwave

preparation, baking or roasting. Compare time of preparation, ease of cooking, effect

on color and flavor.

\_\_\_\_\_\_\_\_ 7. Plan a dinner menu for your family. Make a list of all ingredients needed for each

recipe. Set a goal of a set serving time. Show how you will plan the food preparation

of the meal. Show starting times and how everything will be ready at the same time.

Cook the meal and report on how close you came to your goal.

\_\_\_\_\_\_\_\_ 8. Discuss different kinds of meat, what animal they are from, what kinds of recipes or

meals in which they are traditionally served, and anything you may need to be

particularly careful of when handling and cooking them.

\_\_\_\_\_\_\_\_ 9. Explain what is a vegetarian a meal, and how it differs from other meals. Plan a

vegetarian meal. Show how the food groups are represented in the menu.

\_\_\_\_\_\_\_\_10. Make a soup or stew. Explain which food groups are represented and what needs to

be added to make a complete meal.

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**Level II Foods/Cooking & Nutrition Proficiency continued**

\_\_\_\_\_\_\_11. Name five ways to preserve foods at home. Try one method and share the product with

your project group.

\_\_\_\_\_\_\_12. Explain what vitamins and minerals are and how they are used in the body. Discuss

what food groups provide which vitamins and minerals. Give examples of foods that

good amounts of major vitamins and minerals.

\_\_\_\_\_\_\_13. Discuss how to read food labels. Identify the main and least ingredients in the package

or can, and also identify the dietary recommendation a serving of this product meets.

\_\_\_\_\_\_\_14. Name the three elements needed to have a fire. Discuss how to put out each of the

following fires: grease fire on the stove, oven fire, spilled grease fire, and a paper fire.

\_\_\_\_\_\_\_15. Collect ten recipes you like, make one and share it with your project group or club.

\_\_\_\_\_\_\_16. Make a product or recipe and enter it in a 4-H or community event or fair.

\_\_\_\_\_\_\_17. Plan and participate in a community service or service learning activity that is related

to your foods project.

**Completion of Level II Foods/Cooking & Nutrition Proficiency**

The member has successfully completed 80% (14 of 17) of the above items.

Member’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Project Leader’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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