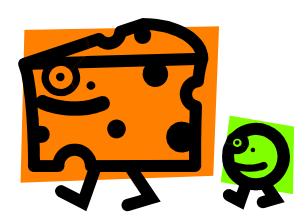




## Nevada County 4-H Foods & Nutrition Proficiency Program



## LEVEL IV - LEADER

NAME:			
CLUB:			
_			
PROJECT:			

1.	Serve as Junior or Teen leader in this project for o	one year.	
	Project leader's signature	date	
2.	Assist younger members in preparing recipes.		
	Project leader's signature	date	
3.	Prepare teaching materials for use at project meet	tings.	
	Project leader's signature	date	
4.	Develop and put on a judging event or train a juni	ior team for an event.	
	Project leader's signature	date	
5.	Speak on a project-based subject before an organi	ization other than your 4-F	I group.
	Project leader's signature	date	
6.	Assist younger members in actually learning a spe	ecific topic in the project.	
	Project leader's signature	date	
7.	Develop your own special project related activity successes and problems, and report on findings.	. Chart your progress, pla	n the activities, analyze
	Project leader's signature	date	
8.	Assist at a food show or nutrition workshop.		
	Project leader's signature	date	
	Report on the results of a demonstration comparing project. (Experiment)	ng measurable differences	in some aspect of your
	Project leader's signature	date	

10. Prepare a p	paper of 300 words or more on one of the fo	ollowing topics (Mark your choice):		
•	of a vitamin	☐ Pros and cons of vegetarianism☐ How food processing affects nutrient value		
	advertising in food choices			
	logical advances in food preparation	□Cultural influences on food choices		
	on and its role in a specific health condition			
	r Preschoolers	□Nutrition and Athlete Performance		
■Other _				
_	Project leader's signature	<u>date</u>		
	peech or illustrated talk to orally summarize other educational event.	ze your findings and present at a club, project		
_	Project leader's signature	date		
Name		Age		
Club				
Project				
Project Lead	er's Printed Name	Signature		
Date				
County Coor	rdinator's Printed Name	Signatura		
Data	i iliteu ivallie	Signature		
Date				