

Phase 3



Individual Development

Choose number 1 and one or more other options.

1. Select two or more individual options from the back page. Write them below.

2. Help your club plan an outing to a restaurant.
3. Read the food section in the newspaper or online. Tell your 4-H club what they would find in this part of the paper.
4. _____

Plan to do	Date completed	Approved by
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Food Preparation and Safety

Choose two or more options.

1. Prepare a coffee cake without using a commercial mix.
2. Show your 4-H club members how to judge baked products.
3. Explain why cooking or serving spoons should not be used for tasting.
4. Select two vegetables and learn to prepare them in a microwave.
5. Demonstrate how to safely use knives when preparing a vegetable platter.
6. Make a quick bread which demonstrates methods to cut fat into dry ingredients.
7. Put refrigerated food away promptly after shopping.
8. Discuss how to safely store eggs.

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Food Science and Management

Choose two or more options.

1. Record how much time it takes to make a cake from "scratch" (start to finish).
2. Find out about different kinds of apples. Choose some that suit your family's needs and tastes.
3. Test two or more recipes and add to your "favorite recipe" file.

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Food Science and Management (continued)

3. Set a table for a special occasion, i.e., a birthday or anniversary.
4. Chill salad plates for serving a special salad.
5. Compare one batch of muffins with another batch of muffins where you do not add baking powder. What happened?

Plan to do	Date completed	Approved by
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Nutrition/Health

Choose two or more options.

1. Taste all food items prepared in your home for one week.
2. Keep a record of what you eat for snacks for 1 week and discuss with a parent.
3. Identify three low-cost snacks that are also nutritious.
4. Drink water or fruit juice instead of pop for 1 week.
5. Make a poster showing foods rich in vitamin C. Display it or show it to club members.
6. Use a computer to play a game related to food, nutrition or exercise, or analyze a diet on a computer.

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Consumerism

Choose two or more options.

1. Compare two or more brands of yogurt for flavor, nutritional value and price per ounce.
2. Help with the grocery shopping for your family at least three times.
3. Look at advertisement of fast food restaurants. Why are they appealing?
4. Choose and buy snack foods for a party.
5. Make a "coupon organizer."

Plan to do	Date completed	Approved by
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Completion—Phase 3

_____ has completed all requirements for Step 3 of the 4-H Food/Nutrition Advancement Program.

Approved by _____ Date _____

Phase 4



Individual Development

Choose number 1 and one or more other options.

1. Select two or more individual options from the back page. Write them below.

2. Collect and donate canned food for a food drive.
3. Raise fresh vegetables and share with those in need.
4. Invite someone from another country to a 4-H club meeting. Ask your guest to tell about their food and serving customs.
5. _____

Plan to do

Date completed

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Food Preparation and Safety

Choose two or more options.

1. Make pudding for your family from "scratch."
2. Examine the many varieties of grain products and the role they play in the diet. Explore various ways of serving grain products.
3. Make vegetable soup from "scratch" and freeze for later use.
4. Test a yeast bread recipe from a magazine.
5. Shape yeast rolls three or more ways.
6. Prepare a fresh, frozen, or canned vegetable three new ways.
7. Thaw a frozen piece of meat properly.
8. Discuss the difference between using a dark cookie sheet compared to a light cookie sheet.

Plan to do

Date completed

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Food Science and Management

Choose two or more options.

1. Help plan dinner menus for 1 week.
2. Inventory items in the cupboard or pantry. Plan new ways to use those foods that have been there for some time.
3. Discuss family food traditions, i.e., holidays, picnics, and everyday.

Plan to do

Date completed

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Food Science and Management (continued)

4. Observe food photography in monthly food magazines. Look for color, texture, and design.
5. Make a simple meal that will take 30 minutes or less from beginning to serving time.
6. Plan a well-balanced meal using leftovers.
7. Observe your family's lifestyle and relate it to food waste in your household.

Plan to do

Date completed

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Nutrition/Health

Choose two or more options.

1. Find a nutrition label with three or more forms of sugar listed.
2. Do 20 sit-ups. Drink the amount of fruit juice necessary to replace the calories you used in the exercise.
3. Organize a poster display or contest on nutrition at school.
4. Teach a nutrition snack lesson to a 4-H club with younger members.
5. Keep track of how much time you spend sitting for a day.
6. Find out which sports provide the most exercise in a 30-minute period.

Plan to do

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Consumerism

Choose two or more options.

1. Compare nutritional information, cost per ounce, and calorie content of three different breakfast cereals.
2. Observe three or more food advertisements that make misleading claims.
3. Keep track of all snacks you purchased for 1 week and record all costs.
4. Purchase cheese for enchiladas. Compare price of grated and block cheese.
5. Compare price and fat content of ground turkey, ground sausage and ground beef.

Plan to do

Date completed

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Completion—Phase 4

_____ has completed all requirements for Step 4 of the 4-H Food/Nutrition Advancement Program.

Approved by _____ Date _____

Phase 5



Individual Development

Choose number 1 and one or more other options.

1. Select two or more individual options from the back page. Write them below.

2. Invent and play a food/nutrition game with other club members.
3. Grow a window box or flower pot of herbs for use in the kitchen.
4. Help serve at a nutrition site for the elderly.
5. Plan and give a demonstration.
6. _____

Plan to do

Date completed

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Food Preparation and Safety

Choose two or more options.

1. Make pizza dough using whole wheat flour.
2. Fix a nutritious snack for a toddler.
3. Use a marinade in meat cookery.
4. Make a breakfast that includes a quick bread for a friend or your family.
5. Prepare a soup using a slow cooker.
6. Make your own low fat salad dressing.
7. Record the food and kitchen safety practices you utilized while preparing three meals.
8. Tell others about safety precautions when stuffing a chicken or turkey.

Plan to do

Date completed

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Food Science and Management

Choose two or more options.

1. Make sandwiches for a week and freeze (they will thaw by lunchtime).
2. Find three ways your family could eat together on busy days.
3. Observe the food waste in hot lunches at your school.
4. Use good supermarket manners (i.e., return unneeded food to its proper place; be considerate of other shoppers, return shopping cart).

Plan to do

Date completed

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Food Science and Management (continued)

5. Test two salad recipes and add to your "favorite recipe" file.
6. Conduct an experiment showing how temperature affects the action of yeast. Discuss.
7. _____

**Plan
to do**

**Date
completed**

**Approved
by**



Nutrition/Health

Choose two or more options.

1. Study dental decay and its relationship to food choices. Report your findings.
2. Find your resting heart rate, exercise, and record your heart rate after 10 minutes and after 20 minutes of exercise.
3. Try three food items you haven't eaten for breakfast before.
4. Walk or jog three times a week.
5. Adjust and prepare a main dish recipe so it contains less fat.
6. Plan and serve a Make-Your-Own Taco Party.
7. _____

**Plan
to do**

**Date
completed**

**Approved
by**



Consumerism

Choose two or more options.

1. Count the number of fast food restaurant advertisements in a Sunday newspaper.
2. Visit a specialty grocery store or health food store. Purchase something new and sample with your 4-H club.
3. Invite someone from an agricultural commodity group to speak at your 4-H club meeting.
4. Compare the costs of five non-food items at a food store and "quick stop" store.
5. Watch five favorite TV programs and observe the fast food advertisements. Does the viewing audience match the kind of product they are selling?

**Plan
to do**

**Date
completed**

**Approved
by**



Completion—Phase 5

_____ has completed all requirements for Step 5 of the 4-H Food/Nutrition Advancement Program.

Approved by _____ Date _____

Phase 6



Individual Development

Choose number 1 and one or more other options.

1. Select two or more individual options from the back page. Write them below.

2. Volunteer to work at a 4-H food booth, concession stand or community benefit dinner.
3. Pack a special birthday lunch for a good friend to help him or her celebrate.
4. List five prejudices you have about foods and describe why you feel this way.
5. Make puppets and write a script about nutrition to present to younger children.
6. _____

Plan to do

Date completed

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Food Preparation and Safety

Choose two or more options.

1. Prepare a meal based on a protein food traditionally eaten in another country.
2. Prepare a main dish salad using seafood.
3. Test an international yeast bread recipe.
4. Describe the functions of each ingredient in a baked product.
5. Compare the cost, quality, and time it takes to prepare potatoes a variety of ways (i.e., hash browns from fresh, frozen, and dried potatoes).
6. Prepare a vegetable using an ethnic recipe.
7. Record 3 good and 3 bad food safety practices noted while watching a cooking show.

Plan to do

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Food Science and Management

Choose two or more options.

1. Prepare an emergency meal without using electricity.
2. Prepare a salad using two new greens.
3. Plan party foods that can be prepared in advance.
4. Test two ethnic recipes and add to your "favorite recipe" file.

Plan to do

Date completed

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Food Science and Management (continued)

5. Talk with someone who does catering from his or her home.
6. Explain the statement: "When you buy convenient, Ready-to-eat foods you are buying time."
7. Evaluate how yeast fermentation affects the size, texture and tenderness of bread.

Plan to do

Date completed

Approved by



Nutrition/Health

Choose two or more options

1. Reorganize (with permission) a designated storage area such as mix center, pantry, dish or pan storage.
2. Compare a diabetic dessert to a similar recipe.
3. Explain the typical foods found in each food group for different cultures.
4. Keep a person diet record for 3 days. Analyze for nutrient content.
5. Learn to find your heart rate. Take your pulse and find out your heart rate after 20 minutes of exercise. compare how two different exercises affect your heart rate.
6. Observe three or more food advertisements that promise to cure or prevent health problems.
7. _____

Plan to do

Date completed

Approved by



Consumerism

Choose two or more options.

1. Learn how to make a consumer complaint effectively.
2. Shop at a roadside fruit and vegetable market or visit a Farmer's Market. Compare the prices, varieties, flavor, and ripeness to those in produce from a supermarket
3. Compare cost and preparation time of a frozen meal from the grocery store and a similar one your prepare at home.
4. Compare the cost of purchased whole wheat bread and the same food prepared at home.
5. Clip out four ads for diets. Rate from best to worst. Tell why.

Plan to do

Date completed

Approved by



Completion—Phase 6

_____ has completed all requirements for Step 6 of the 4-H Food/Nutrition Advancement Program.

Approved by _____ Date _____

Phase 7



Individual Development

**Plan
to do**

**Date
completed**

**Approved
by**

Choose number 1 and one or more other options.

1. Choose two individual options from the back page. Write them below.

2. Volunteer to help at a food bank or Farmer's Market stand or community benefit dinner.
3. Find out about a career in foods or nutrition.
4. Study the value of nutrition labeling on food products.
5. Try food photography for use in your 4-H records or otherwise.



Food Preparation and Safety

**Plan
to do**

**Date
completed**

**Approved
by**

Choose two or more options.

1. Make frozen yogurt. Make a chart showing the nutrients in frozen yogurt.
2. Try some recipes for low-fat food gifts.
3. Prepare fresh fish for a family meal in two different ways.
4. Demonstrate how and when to use a meat thermometer.
5. Invent a sandwich that has a food from each of the following groups: meat, poultry, fish, eggs, vegetables, milk/cheese, fruit, and bread. Name your sandwich.
6. Describe food safety issues to put into practice when serving a large dinner party or an open house running for a few hours.



Food Science and Management

**Plan
to do**

**Date
completed**

**Approved
by**

Choose two or more options.

1. Make hot spiced cider in a crock pot or percolator.
2. Prepare three menus for company meals that are attractive, inexpensive, an easy to prepare.

Food Science and Management (continued)

3. Plan five summer picnics, each with a theme that features a different bread product. Here's a few combinations to get you thinking!

- Southern Fish Fry.....Hush Puppies
- Cracked Crab Lunch.....Sourdough Bread
- Indian Summer Brunch.....Blueberry Muffins
- Middle East Picnic.....Pita (Pocket) Bread

4. Describe the symptoms of food poisoning.
 5. Conduct an experiment comparing all purpose flour to cake flour.

Plan to do **Date completed** **Approved by**

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Nutrition/Health

Choose two or more options.

1. Discuss the role of dairy foods in the diet and the nutritive contribution of cheese. Also discuss sodium and fat content of different cheeses.
2. Exercise with young children.
3. Maintain a regular exercise program for a month. Keep a record of what you do.
4. Make a list of foods that contain caffeine.
5. Sugared drinks attract and hold water in the intestines. Caffeine increases fluid loss and possible dehydration. Make a poster that shows how these facts can affect athletes.

Plan to do **Date completed** **Approved by**

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Consumerism

Choose two or more options.

1. Prepare a shopping list for five items and compare prices at a food store and a "quick" shop store.
2. Discuss unit pricing for generic, in-store, and major brands of a product.
3. Do the grocery shopping for your family at least three times.
4. Use your own herbs and spices to create a seasoning salt for meats.

Plan to do **Date completed** **Approved by**

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Completion—Phase 7

_____ has completed all requirements for Step 7 of the 4-H Food/Nutrition Advancement Program.

Approved by _____ Date _____

Phase 8



Individual Development

Choose number 1 and one or more other options.

1. Choose two individual options from the back page. Write them below.

2. Offer to help at an educational health program or event sponsored by a commodity group.
3. Interview the person responsible for the fitness program in a company that has fitness facilities or provides an incentive for employee fitness.
4. Explore the concept of mealtime as a celebration.
5. Volunteer to help serve at a nutrition site.

Plan to do

Date completed

Approved by



Food Preparation and Safety

Choose two or more options.

1. Make pasta from "scratch."
2. Try preparing a dinner using a fire pit for a camp-out.
3. Make a meal using only the leftovers in the refrigerator.
4. Make a gluten ball and tell what it is.
5. Compare pie crusts that use lard, shortening, or oil.
6. Describe food safety practices to utilize when handling chicken or other poultry products.

Plan to do

Date completed

Approved by



Food Science and Management

Choose two or more options.

1. Identify perishable foods that could cause food poisoning if improperly handled.
2. Use a convection oven to bake a product.
3. Clean the refrigerator before adding new groceries.
4. Help an adult friend serve a large dinner party.

Plan to do

Date completed

Approved by

Food Science and Management (continued)

5. Plan and purchase food items to have on hand for dinner for your brother, sister, or special friend.
6. Test three pasta recipes for your favorite recipe file.
7. Perform a viscometer experiment evaluating the thickness of various foods which can be useful in relationship to pie fillings.

Plan to do	Date completed	Approved by
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Nutrition/Health

Choose two or more options.

1. Prepare brown rice for a meal.
2. Plan a high protein meal without using meat.
3. Compare the cholesterol content of fish, beef, and chicken.
4. Compare the vitamin B complex of fish, beef, and chicken.
5. Help plan a complete menu for a person with special needs (i.e., a pregnant woman, an infant, a shut-in).
6. Make an educational display showing the main protein foods for various countries (i.e., China, Russia, Mexico, India, Israel, Nigeria, Chile).

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Consumerism

Choose two or more options.

1. Talk with a manager of a grocery store about buying patterns.
2. Make a consumer complaint about an inferior product.
3. Compare homemade pies to purchased pies as it relates to quality, cost and time.
4. Talk about why certain advertisements make you feel like buying a specific product.
5. After one of your big grocery shopping trips add the amount of money you spent on non-food items. What percent of the total shopping dollar did you spend on these items?

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Completion—Phase 8

_____ has completed all requirements for Step 8 of the 4-H Food/Nutrition Advancement Program.

Approved by _____ Date _____

Phase 9



Individual Development

Choose number 1 and one or more other options.

1. Select two individual options from the back page.

2. Enter a baking or cooking contest with a recipe you have developed.
3. Volunteer to help a family friend with a holiday open house.
4. Visit a hospital food service manager and learn about careers and opportunities in foods and nutrition.
5. Plan a field trip for your group to a local producer or processor, such as a local family farm, dairy farm, orchard, grain farmer, local garden, grist mill, or local bakery.
6. Volunteer to help prepare and serve a meal at a day care center. Observe their menu and preparation.
7. _____

Plan to do

Date completed

Approved by



Food Preparation and Safety

Choose two or more options.

1. Prepare meat using a variety of cooking methods. Compare the difference in tenderness.
2. Prepare three meals typical of other countries.
3. Explore how herbs are used as seasonings and how they can be used to replace salt in cooking.
4. Make a gift basket for a special occasion using foods you have made.
5. Make a yeast bread using alternative grain products.
6. Research diseases which can occur as a result of poor food handling practices and share with club.

Plan to do

Date completed

Approved by



Food Science and Management

Choose two or more options.

1. Explain how a recipe is developed.
2. Plan a menu for two days for someone on a limited income.

Plan to do

Date completed

Approved by

Food Science and Management (continued)

3. Plan and purchase food items to have on hand for nutritionally balanced emergency meals. Store recipe and menus with each.
4. Visit a test kitchen.
5. Make an emergency kit to keep in the kitchen in case of accidents.
6. Prepare a main dish using a slow cooker.
7. Conduct a food science experiment and share results with club members.

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Nutrition/Health

Choose two or more options.

1. Take a fitness test graded for your age. How did you rate?
2. Compare two weight loss diet plans for nutritional balance. Report to your club or health class.
3. Explain the difference between direct and indirect food additives.
4. Learn the difference in aerobic and anaerobic exercise. What are the advantages and disadvantages of each?
5. Volunteer to help at a local health fair.
6. Prepare a dish for an alternative diet, gluten free, sugar free, etc.

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Consumerism

Choose two or more options.

1. Visit with a state senator or representative about bills related to food or agriculture being considered.
2. Write a letter to a representative or a senator about legislation on food and nutrition.
3. Follow a bill related to food, nutrition, or health through the legislative process.
4. Find out about "carbonated milk" products and share your information with someone who might be interested.
5. Learn about sugar substitutes and share your findings with your club.

Plan to do	Date completed	Approved by
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Completion—Phase 9

_____ has completed all requirements for Step 9 of the 4-H Food/Nutrition Advancement Program.

Approved by _____ Date _____

Individual Development Options



Show What You Have Learned

1. Exhibit a food and nutrition related item at the 4-H Fair.
2. Participate in a club or county Foods/Nutrition event or activity.
3. Participate in the county 4-H Foods/Nutrition Judging Contest.
4. Help another member learn a new skill.
5. Develop an educational poster or display related to your Foods/Nutrition project.
6. Serve as a host or hostess for a 4-H meeting. See that everyone is welcomed and made to feel comfortable.
7. Write a news story about your 4-H activities for a local paper.
8. Participate in a radio or television program by telling or showing something you are learning in 4-H.
9. Give a presentation (demonstration or talk) to your 4-H club.
10. Give a presentation (demonstration or talk) about your 4-H activities to a group other than your 4-H club.
11. Submit your records for judging competition at county level.

Contribute to Your Group

1. Lead the Pledge of Allegiance of the 4-H Pledge at a 4-H meeting.
2. Lead singing or recreation at a 4-H meeting.
3. Serve as an officer of your 4-H club.
4. Serve as a chairperson of a 4-H club committee.
5. Suggest a roll call topic related to a project.
6. Attend 4-H camp or summer conference.
7. Apply for a County Medal or Special 4-H Award.
8. Volunteer as a clerk at County Fair or State Fair.
9. Serve on an Advisory Board.
10. Plan a club trip or tour.
11. Invite a guest speaker to your club meeting.

Help Others

1. Donate food to the needy.
2. Participate in a Canned Food Drive
3. Volunteer at a Benefit Dinner or dinner for the needy.
4. Make a Food Basket for someone using your cooking skills.
5. Plant a vegetable garden and share your produce.
6. Participate in a community service project.
7. Participate in a run/walk event to support a cause.
8. Help deliver or pack up food for shut ins in your community.
9. Design a fundraising event for a community need.
10. Organize a food drive for your school, church or community center.