Prior to working with youth in foods labs, serving as a youth food lab room coordinator, or serving as a Project Achievement foods lab judge, we ask that you first complete our 4-H Foods and Nutrition Certification program. To complete this certification, view the following five training modules, and complete the final online quiz with a score of 100%.

Please find the following links for the training modules:

1. **Introduction (1 training module):**
   a. General Guidelines training
      [https://kaltura.uga.edu/media/t/1_1cuxd351](https://kaltura.uga.edu/media/t/1_1cuxd351)
      [http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/](http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/)

2. **Nutrition for 4-H Foods Projects (3 training modules):**
   a. MyPlate training
      [https://www.youtube.com/watch?v=I_G_0LaE27A](https://www.youtube.com/watch?v=I_G_0LaE27A)
   b. Recipe Selection and Menu training
      [https://www.youtube.com/watch?v=qF1N4DF3dv8&feature=youtu.be](https://www.youtube.com/watch?v=qF1N4DF3dv8&feature=youtu.be)
   c. Dairy Foods Project training
      [https://www.youtube.com/watch?v=C3Ny-6kuPmc](https://www.youtube.com/watch?v=C3Ny-6kuPmc)
      [http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/](http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/)

3. **Food Safety (1 training module):**
   a. Food Safety training
      [http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/](http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/)

For additional training materials, note sheets, scripts, and contests visit the Georgia 4-H Foods and Nutrition pages.
[http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/](http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/)

Following the completion of all five online trainings and visiting the supplemental materials, contact your local Extension office to complete a short online test in order to gain the certification.