

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
- b. Supplemental materials - Georgia 4-H Foods and Nutrition - General Guidelines page.
<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
- b. Recipe Selection and Menu training
<https://www.youtube.com/watch?v=qF1N4DF3dv8&feature=youtu.be>
- c. Dairy Foods Project training
<https://www.youtube.com/watch?v=C3Ny-6kuPmc>
- d. Supplemental materials - Georgia 4-H Foods and Nutrition – Nutrition for 4-H Foods Projects page.
<http://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/>

3. Food Safety (1 training module):

- a. Food Safety training
<https://www.youtube.com/watch?v=6DPbh8fppA&feature=youtu.be>
- b. Supplemental materials - Georgia 4-H Foods and Nutrition – Food Safety page.
<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/>

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.

For more information, contact your local UGA Extension office at 1-800-ASK-UGA1.

The University of Georgia 4-H program is the largest youth leadership organization in the state.