




# Healthy Living

## COOKING 101

[Table of Contents](#)

Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Skill Level – Beginner</b> <b>Suggested 2-year project</b></p> <p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li><b>National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)</b>  2015</li> <li><i>ZSuites 4-H Involvement Report</i></li> <li><i>ZSuites 4-H Project Record Book</i></li> </ul> <p><b>Volunteer Materials:</b></p> <ul style="list-style-type: none"> <li><b>National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)</b>  2015</li> <li><b>National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F)</b>  2015</li> <li><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></li> </ul>	<p>In the member's Manual:</p> <ul style="list-style-type: none"> <li>Must complete 2 learning activities or experiments from the manual and document in the record activity log.</li> <li>Prepare 1-2 recipes from each of the recipe sections: Snacks, Side Dishes, Main Dishes, Quick Breads and Desserts.</li> <li>Complete the project checklist on page 6 of the manual.</li> <li>Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li><i>ZSuites 4-H Involvement Report</i></li> <li><i>ZSuites 4-H Project Record Book</i></li> </ul>	<ul style="list-style-type: none"> <li>ZSuites 4-H Project Record Book</li> <li>ZSuites 4-H Involvement Report</li> <li>Project Manual with completed activities and/or experiments</li> <li>A non-perishable food item that you have learned about while taking this project. Include the recipe, neatly written (or typed), on a 3"x5" or 4"x6" recipe</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>A poster (14"x22") or a display illustrating what you learned in this project this year.</li> </ul> <p><b>Note:</b> Foods such as brownies, pancakes, cookies, muffins display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p><b>County Requirements:</b> Check with your County Extension office for more information.</p>		
<p><b>Support Materials:</b> Idaho 4-H Cooking page visit: <a href="https://www.uidaho.edu/extension/4h/projects/cooking">https://www.uidaho.edu/extension/4h/projects/cooking</a> To order National 4-H Curriculum visit: <a href="https://shop4-h.org/products/cooking-curriculum-set-of-5">https://shop4-h.org/products/cooking-curriculum-set-of-5</a></p>		