




Healthy Living

COOKING 301

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Skill Level – Intermediate/Advanced Suggested 3-year project</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y)  2015 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y)  2015 • National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F)  2015 • https://www.choosemyplate.gov/ 	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Must complete 2 learning activities or experiments from the manual and document in the record activity log. • Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Groups, Protein Foods Group, Dairy Group and Desserts. • Plan and complete a party each year of the project. • Complete the project checklist on page 7 of the manual. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Project Manual with completed activities and/or experiments • 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 <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or a display illustrating what you learned in this project this year. <p>Note: Foods such as breads, rolls, pretzels, granola, cookies or cakes 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>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Cooking page visit: https://www.uidaho.edu/extension/4h/projects/cooking To order National 4-H Curriculum visit: https://shop4-h.org/products/cooking-curriculum-set-of-5</p>		