

# Healthy Living

## LET'S BEGIN COOKING

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Rev. 09-15

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Let's Begin Cooking</b> <b>Ages 8-9</b></p> <p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>Let's Begin Cooking Project Book</i> (#KY 4JG-01PE)</li> <li>• <i>4-H Involvement Report</i> (#91910)</li> <li>• <i>4-H Project Record Book</i> (#91950)</li> </ul> <p><b>Volunteer Materials:</b> <i>None</i></p> <p><i>Update Food Pyramid Information at:</i> <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a></p>	<p>Project Requirements:</p> <ul style="list-style-type: none"> <li>• Complete all activities in this project manual.</li> <li>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project</li> <li>• Exhibit project</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li>• <i>4-H Involvement Report</i> (#91910)</li> <li>• <i>4-H Project Record Book</i> (#91950)</li> </ul>	<ul style="list-style-type: none"> <li>• 4-H Project Record Book (#91950)</li> <li>• 4-H Involvement Report (#91910)</li> <li>• A non-perishable food item you have learned about by taking this project. Include the recipe, nearly written (or typed), on a 3"x5" or a 4"x6" recipe card.</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• A poster (14"x22") or display illustrating what you learned in this project this year.</li> </ul> <p><b>Note:</b> Foods such as biscuits or cookies 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 details.</p>		
<p><b>Support Materials:</b> To download the curriculum visit: <a href="http://www2.ca.uky.edu/agc/pubs/4jg/4jg01pe/4jg01pe.pdf">http://www2.ca.uky.edu/agc/pubs/4jg/4jg01pe/4jg01pe.pdf</a></p>		