

Healthy Living

COOKING SERIES

COOKING 101

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REV. 09-18

Projects & Materials	Requirements	Exhibit Requirements
<p>Cooking 101 Skill Level – Beginner Suggested 2-year project</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y) • <i>4-H Involvement Report (#91910)</i> • <i>4-H Project Record Book (#91950)</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y) • National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F) 	<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: Snacks, Side Dishes, Main Dishes, Quick Breads and Desserts. • Complete the project checklist on page 6 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>4-H Involvement Report (#91910)</i> • <i>4-H Project Record Book (#91950)</i> 	<ul style="list-style-type: none"> • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • 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><i>Note: 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.</i></p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: To order National 4-H Curriculum visit: http://www.4-hmall.org/Category/healthy-cooking.aspx</p>		