## Healthy Living

### COOKING SERIES

#### COOKING 101

**Projects & Materials**

- **Cooking 101**
  - **Skill Level:** Beginner
  - **Suggested 2-year project**

**Youth Materials:**

- National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)
- 4-H Involvement Report (#91910)
- 4-H Project Record Book (#91950)

**Volunteer Materials:**

- National 4-H Curriculum 4-H Cooking 101 Manual (#01512Y)
- National 4-H Curriculum 4-H Cooking Helper’s Guide (#01516F)

**Requirements**

- In the member’s Manual:
  - 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.

- Complete the following:
  - 4-H Involvement Report (#91910)
  - 4-H Project Record Book (#91950)

**Exhibit Requirements**

- 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

**OR**

- A poster (14”x22”) or a display illustrating what you learned in this project this year.

**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.

**County Requirements:**

Check with your County Extension office for more information.

**Support Materials:**

To order National 4-H Curriculum visit: [http://www.4-hmall.org/Category/healthy-cooking.aspx](http://www.4-hmall.org/Category/healthy-cooking.aspx)