

# Healthy Living

## COOKING SERIES

### COOKING 301

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REV. 09-18

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Cooking 301</b>  <b>Skill Level –</b>  <b>Intermediate/Advanced</b>  <b>Suggested 3-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 301 Manual (#01514Y)</b></li> <li>• <i>4-H Involvement Report (#91910)</i></li> <li>• <i>4-H Project Record Book (#91950)</i></li> </ul> <p><b>Volunteer Materials:</b></p> <ul style="list-style-type: none"> <li>• <b>National 4-H Curriculum 4-H Cooking 301 Manual (#01514Y)</b></li> <li>• <b>National 4-H Curriculum 4-H Cooking Helper's Guide (#01516F)</b></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: Grains Group, Vegetable and Fruit Groups, Protein Foods Group, Dairy Group and Desserts.</li> <li>• Plan and complete a party each year of the project.</li> <li>• Complete the project checklist on page 7 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>4-H Involvement Report (#91910)</i></li> <li>• <i>4-H Project Record Book (#91950)</i></li> </ul>	<ul style="list-style-type: none"> <li>• 4-H Project Record Book (#91950)</li> <li>• 4-H Involvement Report (#91910)</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><i>Note:</i> 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><b>County Requirements:</b>            Check with your County Extension office for more information.</p>		
<p><b>Support Materials:</b>            To order National 4-H Curriculum visit: <a href="http://www.4-hmall.org/Category/healthy-cooking.aspx">http://www.4-hmall.org/Category/healthy-cooking.aspx</a></p>		