## Healthy Living

### COOKING SERIES

#### COOKING 401

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**Cooking 401**  
**Skill Level** – Advanced  
**Suggested 3-year project**

**Youth Materials:**
- National 4-H  
  Curriculum 4-H  
  *Cooking 401 Manual (#01515Y)*
- 4-H Involvement Report
- 4-H Project Record Book

**Volunteer Materials:**
- National 4-H  
  Curriculum 4-H  
  *Cooking 401 Manual (#01515Y)*
- National 4-H  
  Curriculum 4-H  
  *Cooking Helper’s Guide (#01516F)*

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: Grains Group, Vegetable and Fruit Groups, Protein Group, Dairy Group and Desserts.
- Plan and complete a celebration meal each year of project.
- Complete the project checklist on page 7 of the manual.
- Give an oral presentation (speech, demonstration or illustrated talk) related to this project.

Complete the following:
- 4-H Involvement Report
- 4-H Project Record Book

**Exhibit Requirements**
- 4-H Project Record Book
- 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 card

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

**Note:** Foods such as breads, muffins, candy, pie 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.

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**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)