



**Enroll in ZSuite Under this Project Name:** FOOD-COOKING-Lv 1: 4-H Cooking 101

*Approved for 2023-24 Project Year*

**Project Description:** In the 4-H cooking series, youth learn about food preparation, food and kitchen safety, meal planning, and nutrition. Cooking 101 includes lessons on using MyPlate, measuring and mixing ingredients, testing food for doneness and setting the table for the family.

**REQUIRED YOUTH CURRICULUM**

[4-H Cooking 101 Manual \(#01512Y\)](#), 2015

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**

[4-H Cooking Helper's Guide \(#01516F\)](#), 2015

**SUPPLEMENTAL RESOURCES**

[USDA MyPlate Website](http://www.myplate.gov) (www.myplate.gov)

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## PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete two (2) learning activities or experiments from the Cooking 101 manual and document in your ZSuite Record Book 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 Cooking 101 manual.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	One of the following exhibit options: <ul style="list-style-type: none"> <li>• A non-perishable food item you have learned about while taking this project (see note below). Include the recipe, neatly written (or typed) on a 3"x5" or 4"x6" recipe card.</li> <li>• A poster (14" x 22") or a display</li> <li>• illustrating what you learned in this project this year.</li> </ul>
	Note: Foods such as brownies, pancakes, cookies, or 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 be avoided.