



**Enroll in ZSuite Under this Project Name:** FOOD-COOKING-Lv 2: 4-H Cooking 201

*Approved for 2023-24 Project Year*

**Project Description:** Building on the skills learned in Cooking 101, youth will learn to prevent foodborne illnesses, safely thaw frozen food, use proper knife techniques, read Nutrition Facts labels and make soups, rice, pasta, and other foods.

**REQUIRED YOUTH CURRICULUM**

[4-H Cooking 201 Manual \(01513Y\)](#), 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 201 manual and document in your ZSuite Record Book Activity Log.
	Prepare 1-2 recipes from each of the recipe sections: Vegetable and Fruit Group, Grains Group, Protein Foods Group, Dairy Group, and Desserts.
	Complete the project checklist on page 7 of the Cooking 201 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 quick breads, muffins, biscuits, scones, cakes, or cookies 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.