



Enroll in ZSuite Under this Project Name: FOOD-COOKING-Lv 4: 4-H Cooking 401

Approved for 2023-24 Project Year

Project Description: In the final level of the 4-H Cooking series, youth will explore the world by learning about herbs and spices and how to make ethnic foods. Youth also practice making cakes, candy, pies, and pastries.

REQUIRED YOUTH CURRICULUM

[4H Cooking 401 Manual](#) (#01515Y), 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 401 manual and document in your ZSuite Record Book Activity Log.
	Prepare 1-2 recipes from each of the recipe sections: Grains Group, Vegetable and Fruit Group, Protein Foods Group, Dairy Group, and Desserts.
	Plan and prepare a celebration meal each project year.
	Complete the project checklist on page 7 of the Cooking 401 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"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

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"> • 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. • A poster (14" x 22") or a display illustrating what you learned in this project this year.
	Note: Foods such as breads, muffins, candy, fruit pies, 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 be avoided.