

Owyhee County 4-H Cooking Level 1: 4-H Cooking 101 Checklist

Member's Name: _____ 4-H Club: _____

Current Year: 20 ____ Number of years in Project _____ Age (as of January 1): _____

Age Division (circle one): Junior (8-10) Intermediate (11-13) Senior (14-18)

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.

4-H Cooking 101: Cooking Level 1 must be completed before beginning 4-H Cooking 202: Level 2, etc. or the member must seek club leader and/or 4-H Professional approval to advance a level. 4-H Cooking 101: Level 1 is intended to be a two-year project.

See "Idaho 4-H Project Requirements Handbook" for more information about state requirements for this project. Submit this checklist annually with your project record book. This page will be new each year.

√	Requirement	Details	Date Completed	Leader Initials
	Enroll in 4-H and pay necessary dues.	Enroll at https://4h.zsuite.org/ & pay enrollment fee to your 4-H leader before March 1.		
	Attend six or more club/project meetings.	Each member must attend six or more meetings to be eligible to participate in Fair.		
	Complete a community service project.	The project must be completed in Owyhee County.		
	Complete annual ethics training.	Each member must complete an ethics activity each year.		
	Give an oral presentation related to <u>this</u> project area.	Must be completed at a <input type="checkbox"/> Club or <input type="checkbox"/> County level. Topic: _____		
	Complete an Involvement Report.	Submit via ZSuite before Fair.		
	Complete a Non-Animal Record Book.	Submit via ZSuite before Fair.		
	Submit Fair entries.	Entries are open June 15-July 15. Entries are required to exhibit at Fair. Late entries will not be accepted.		
	Complete this Checklist and submit to your leader before Fair.	Must be signed by member, parent, and leader to be considered complete.		
	Complete learning activities or experiments.	Complete two learning activities or experiments from the Cooking 101 manual.		
	Prepare snacks.	Prepare 1-2 recipes from the snack recipe section.		
	Prepare side dishes.	Prepare 1-2 recipes from the side dishes recipe section.		
	Prepare main dishes.	Prepare 1-2 recipes from the main dishes recipe section.		
	Prepare quick breads.	Prepare 1-2 recipes from the quick breads recipe section.		
	Prepare desserts.	Prepare 1-2 recipes from the desserts recipe section.		
	Learn 10 new skills.	Learn at least 10 new skills from the Cooking 101 Skills list.		

I agree that the above requirements have been satisfactorily completed:

Member Signature _____ Date _____

Parent Signature _____ Date _____

Leader Name _____

Leader Signature _____ Date _____

COOKING 101 SKILLS**Date Completed****Leader's Initials**

Use MyPlate to eat a daily balanced diet.

Avoid spreading germs while I am cooking.

Properly and safely use small appliances for cooking.

Properly and safely use the range when cooking.

Properly and safely use the oven when baking.

Safely use a knife and cutting board to cut up food.

Test a dish to see if it is microwave safe.

Set the table for a family meal.

Accurately measure liquid and dry ingredients.

Follow a recipe.

Break an egg.

Prepare a pan for baking.

Mix foods.

Use the microwave to melt fat and other ingredients.

Hard cook eggs.

Cream butter and sugar.

Beat a mixture until smooth.

Cut fat into flour.

Drain liquids from solid ingredients.

Safely remove a pan from the oven.

Test cookies, cakes, and muffins for doneness.

Rate baked foods for quality.

Brown ground meat for sauces and sandwiches.

Pour off extra fat from cooked ground meat.