



Enroll in ZSuite Under this Project Name: FOOD-COOKING-Lv 3: 4-H Cooking 301

Approved for 2023-24 Project Year

Project Description: This unit in the 4-H Cooking series explores topics like making bread, grilling meats, vegetables, and fruit, and making butter. Youth learn the science behind yeast, gluten, and different types of fats.

REQUIRED YOUTH CURRICULUM

[4-H Cooking 301 Manual \(#01514Y\)](#), 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)



PROJECT COMPLETION CHECKLIST

| STATE REQUIREMENTS | |
|--------------------|--|
| | Complete two (2) learning activities or experiments from the Cooking 301 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. |
| | Complete the project checklist on page 7 of the Cooking 301 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 | |
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| 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, rolls, granola, pretzels, cookies 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. |