

COOKING Project

Member Name _____

Level (circle one): Junior (8-10) Intermediate (11-13) Senior (14-18) Years in Project _____

Project (circle one): 101 201 301 401

Date of Birth _____ Age (as of January 1) _____ * Year _____

4-H Club _____

Revised: 1/17/2017

* Please use a new check list each year.

✓	State and Owyhee County Requirements	Date Completed	Leader Initials
	Enroll at Idaho.4honline.com and pay enrollment fee to your leader before March 1; read and sign the Code of Conduct.	___/___/___	
	Give an oral presentation related to this project. This can be done on the club or county level. Check with your leader – this may be required by your club to be on the county level. Helpful information about giving an oral presentation is on our website.	___/___/___	
	Attend an acceptable safety and ethical practices activity. All youth are REQUIRED to complete an Ethics activity each year .	___/___/___	
	Participate in your club's Community Service Project in Owyhee County.	___/___/___	
	Complete a 4-H Involvement Report (just one combined report for ALL projects) and include with your Project Record Book. You may start a new report or add to your report from previous years. A cumulative Involvement Report can be a useful tool in applying for jobs, scholarships and college.	___/___/___	
	Complete a 4-H Project Record Book. Form available online at owyheecounty.net/extension or at the Extension Office. Information regarding what to include in your Record Book is also on our web site.	___/___/___	
	Complete this Project Check List and include it in your Record Book. It must be signed by Member, Parent, and Leader.	___/___/___	
	Sign up for a time (sign-ups are open June 15-July 15) and bring your completed Record Book to Interview Evaluation Day. It must be signed by Member, Parent, and Leader.	___/___/___	
	Display a non-perishable dessert you have learned about by taking this project. Include the recipe, neatly written or typed on a 3" x 5" or a 4" X 6" recipe card, OR Prepare a poster or display (14" x 22") illustrating something you learned in this project this year. NOTE: Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that should be refrigerated should not be used.	___/___/___	
	Submit your entries for the Owyhee County Fair (entries open June 15 and close July 15). This is REQUIRED for you to participate at the Owyhee County Fair.	___/___/___	
	Complete seven activities for your project:		
	COOKING 101		
	Notes		
	Use MyPlate to eat a daily balanced diet.	___/___/___	
	Complete 1 or 2 "experiments" from Cooking 101	___/___/___	
	Prepare 2 to 3 dishes form the "snacks" recipe section.	___/___/___	
	Prepare 2 to 3 dishes form the "side dish" recipe section.	___/___/___	
	Prepare 2 to 3 dishes form the "quick breads" recipe section.	___/___/___	
	Prepare 2 to 3 dishes form the "main dish" recipe section.	___/___/___	
	Prepare 2 to 3 dishes form the "desserts" recipe section.	___/___/___	
	Identify the difference between a microwave safe dish and a non-microwave safe dish.	___/___/___	
	Prepare a side dish or dessert that you can cook in the microwave.	___/___/___	
	Prepare a dish using an electric mixer	___/___/___	

	Learn how to separate the yolk & whites from an egg		___/___/___	
	Prepare a dish with 100 calories or less per serving.		___/___/___	
	Learn how to drain the fat after cooking ground meat.		___/___/___	
	Learn how to properly wash fruits and vegetables.		___/___/___	
	Additional activities completed...		___/___/___	
	Additional activities completed...		___/___/___	
	COOKING 201	Notes		
	Use MyPlate to eat a daily balanced diet.		___/___/___	
	Complete 1 or 2 "experiments" from Cooking 201		___/___/___	
	Demonstrate your knowledge on cooking "How to" basics and demonstrate 3 -5 tips to a leader or helper		___/___/___	
	Prepare 2 to 3 dishes form the "fruit & vegetable group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "grains group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "protein foods group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "dairy group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "desserts" recipe section.		___/___/___	
	Learn at least 3 different types of knives and what they are used for.		___/___/___	
	Prepare eggs 5 different ways		___/___/___	
	Demonstrate to a helper or club leader how to use a knife.		___/___/___	
	Learn how to use a food thermometer and how to check for doneness in meat.		___/___/___	
	Make at least 2 different creamed soups.		___/___/___	
	Explain what it means to cook pasta <i>al dente</i> .		___/___/___	
	Learn what leavening agents are and when to use them.		___/___/___	
	Learn how to plan and prepare a meal for your family.		___/___/___	
	Demonstrate how to cut foods in different ways.		___/___/___	
	Additional activities completed...		___/___/___	
	Additional activities completed...		___/___/___	
	COOKING 301	Notes		
	Use MyPlate to eat a daily balanced diet.		___/___/___	
	Complete 1 or 2 "experiments" from Cooking 301		___/___/___	
	Demonstrate your knowledge on cooking "How to" basics and demonstrate 3 -5 tips to a leader or helper		___/___/___	
	Prepare 2 to 3 dishes form the "fruit & vegetable group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "grains group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "protein foods group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "dairy group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "desserts" recipe section.		___/___/___	
	Make a meal or side dish using a slow cooker.		___/___/___	
	Make a salad using a variety of greens.		___/___/___	
	Explain "Fat Tom" to a leader or helper.		___/___/___	
	Prepare a meal or side dish in foil on a B-B-Q grill		___/___/___	
	Learn why fiber is important and prepare a meal with at least 5g of fiber.		___/___/___	
	Make a flavored butter spread		___/___/___	

	Grill pork, beef, chicken or fish on a B-B-Q and explain to a leader or helper how to check for doneness.		___/___/___	
	Prepare a dessert in a slow cooker.		___/___/___	
	Practice beating egg whites so they form stiff peaks.		___/___/___	
	Additional activities completed...		___/___/___	
	Additional activities completed...		___/___/___	
COOKING 401		Notes		
	Use MyPlate to eat a daily balanced diet.		___/___/___	
	Complete 1 or 2 "experiments" from Cooking 401		___/___/___	
	Demonstrate your knowledge on cooking "How to" basics and demonstrate 3 -5 tips to a leader or helper		___/___/___	
	Prepare 2 to 3 dishes form the "fruit & vegetable group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "grains group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "protein foods group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "dairy group" recipe section.		___/___/___	
	Prepare 2 to 3 dishes form the "desserts group" recipe section.		___/___/___	
	Learn and identify the difference between herbs and spices. Share your findings with a leader or helper.		___/___/___	
	Make a flatbread or other ethnic yeast bread.		___/___/___	
	Learn the 6 temperature stages of making candy.		___/___/___	
	Prepare a tough cut of meat so its tender and juicy.		___/___/___	
	Learn what it means and how to temper eggs.		___/___/___	
	Make homemade ice cream with a churn or other device.		___/___/___	
	Learn how to check a candy thermometer for accuracy		___/___/___	
	Prepare a dish using dried beans.		___/___/___	
	Prepare an advanced potato dish.		___/___/___	
	Additional activities completed...		___/___/___	
	Additional activities completed...		___/___/___	

I declare that the information in this book is correct and all 4-H requirements have been completed, to the best of my knowledge.

Member's Signature _____

Leader's Signature _____

Parent's Signature _____