



# 4-H COOKING PROJECT



## 4-H THRIVE

Help youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

In this project, youth learn about foods by partnering with adults in the kitchen to plan and cook food. Explore the science, nutrition and history of cooking while promoting healthy eating and resource management.

- Learn how to select, prepare and store cooked food items.
- Explore the many methods of cooking, which include roasting, stir frying, grilling, barbecuing, smoking, boiling, steaming, braising and microwaving.
- Use USDA's MyPlate to plan meals and make balanced food choices.

#### Starting Out *Beginner*

- Identify tools commonly used in the kitchen.
- Learn to read a recipe.
- Review basic kitchen hygiene including washing hands and tying up hair.
- Measure ingredients using a variety of methods..
- Learn how to be safe in the kitchen, including using heat and handling sharp objects.
- Learn how to keep the kitchen clean.
- Demonstrate how to wash produce and handle meat safely.

#### Learning More *Intermediate*

- Research how to cook and make recipes vegetarian.
- Use MyPlate to plan and prepare a meal.
- Alter a recipe to make it more healthy.
- Identify cuts of meat and how to prepare them.
- Conduct a food sensory experiment, such as tasting and comparing olive oil.
- Demonstrate how to use a food thermometer.
- Learn how to use knives for different purposes.
- Know how to select high quality products

#### Exploring Depth *Advanced*

- Create a personal file of at least 25 cooked recipes.
- Learn how to determine the caloric value of meals.
- Explore careers in the cooking industry (e.g., visit a butcher or chef).
- Identify key nutrients and their health benefits.
- Know different methods of cooking (listed above) and when to use them.
- Research herbs and spices and how you can use them in your cooking.
- Learn how to start and use a BBQ safely.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Healthy Living

- Learn how to read nutrition labels. Use this information to select the most healthy options.
- Visit several grocery stores and compare the cost of similar foods.
- Learn how to make a weekly meal plan and grocery list.
- Research the benefits of cooking at home and eating together as a family.

## Science, Technology, Engineering, and Mathematics

- Research differences between proteins in plant and animal-based foods. Plan a vegetarian diet that includes all the essential amino acids.
- Develop a snack product as if you were a food scientist developing a new food. Create a commercial to market your new creation (Check out [www.sanimation.com](http://www.sanimation.com))

## Citizenship

- Develop an understanding and appreciation for a variety of cultures by learning to cook traditional foods from different countries.
- Volunteer to cook a meal at a community food kitchen or low income housing site.
- Increase community awareness around the environmental impacts of some eating habits.

## Leadership

- Plan and cater a countywide 4-H event or fundraiser.
- Organize an "Iron Chef" competition featuring activities, cooking lessons and exhibits.
- Work with your school food service director to pilot new healthy lunch options.
- Be a Junior or Teen Leader for a 4-H Cooking Project.

## Resources

- Book: *Kids Cook! Fabulous Food for the Whole Family* by Sarah and Zackary Williamson
- Kids ... Get Cooking [www.obesityparentalpower.com/KidsGetCookinPowerPlayRecipes.pdf](http://www.obesityparentalpower.com/KidsGetCookinPowerPlayRecipes.pdf)
- Kids A Cookin' [www.kidsacookin.org](http://www.kidsacookin.org)
- MyPlate [www.myplate.gov](http://www.myplate.gov)
- Eating Well [www.eatingwell.com](http://www.eatingwell.com)
- Rachael Ray Yum-O Foundation [www.yum-o.org](http://www.yum-o.org)
- Movie: *Food, Inc.* Magnolia Pictures
- Movie: *Ratatouille* Disney
- Multicultural Cooking Network [multiculturalcookingnetwork.com](http://multiculturalcookingnetwork.com)
- CHEFS Catalog [www.chefscatalog.com](http://www.chefscatalog.com)
- Food Hero [www.foodhero.org](http://www.foodhero.org)
- Shopping Matters [www.shoppingmatters.org](http://www.shoppingmatters.org)

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

### Connections & Events

**Presentation Days** – Share what you’ve learned with others through a presentation.

**Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as a field day.

### Curriculum

- Healthalicious Cooking [anrcatalog.ucdavis.edu/Items/8450.aspx](http://anrcatalog.ucdavis.edu/Items/8450.aspx)
- Fantastic Foods [www.4-hmall.org/Category/4-hcurriculum-foods.aspx](http://www.4-hmall.org/Category/4-hcurriculum-foods.aspx)
- Fast Foods [4hcurriculum.unl.edu/catalog/healthy/fastfoods.html](http://4hcurriculum.unl.edu/catalog/healthy/fastfoods.html)
- Cooking Matters [cctompkins.org/nutrition/cooking-matters](http://cctompkins.org/nutrition/cooking-matters)
- Grill Master [estore.osu-extension.org/productdetails.cfm?PC=2685](http://estore.osu-extension.org/productdetails.cfm?PC=2685)

### 4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>

