



COLORADO STATE UNIVERSITY  
EXTENSION

4 - H



## FOODS AND NUTRITION: COOKING 101 UNIT 1, COOKING 201 UNIT 2, COOKING 301 UNIT 3 AND COOKING 401 UNIT 4

Family Consumer  
Science Projects

Foods and Nutrition Units 1-4 are for members ages 8-18 years old. Members will accomplish the following learning experiences:

### COOKING 101 UNIT 1

- Kitchen and food safety
- Basic food preparation
- Basic nutrition

### COOKING 201 UNIT 2

- Builds on skills learned in Cooking 101
- Expands skills and knowledge in the areas of: food safety, food preparation, and nutrition.

### COOKING 301 UNIT 3

- Builds on skills learned in Cooking 101 & 201
- In-depth exploration of outdoor cooking
- In-depth exploration of party planning
- Cooking with slow cookers
- Making yeast breads and shortbread cakes

### COOKING 401 UNIT 4

- Builds on skills learned in Cooking 101, 201 & 301
- In-depth exploration of preparing ethnic foods
- Cooking with herbs and spices
- Planning celebration meals
- Preparing meats by roasting, braising and stewing
- Cooking dried beans
- Making pastry, foam cakes and desserts with milk
- Develop advanced food preparation skills





COLORADO STATE UNIVERSITY  
EXTENSION

4-H



FOODS AND NUTRITION UNITS 1-4 MJ1001C, MJ1002C, MJ1003B,  
MJ1004C

Family Consumer  
Science Projects

**FOOD AND NUTRITION EXHIBIT REQUIREMENTS PER UNIT (BE SURE TO CHECK THE STATE FAIR EXHIBIT REQUIREMENTS FOR ADDITIONAL REQUIREMENTS):**

- **Cooking 101 Unit 1** --there is a variety of classes to choose from for an exhibit: no bake bars/cookies, coffee cake & cookies. A member may exhibit in one or all classes.
- **Cooking 201 Unit 2** --there is a variety of classes to choose from for an exhibit: quick breads, scones & muffins. A member may exhibit in one or all class.
- **Cooking 301 Unit 3** --there is a variety of classes to choose form for an exhibit: shortened cakes, yeast rolls, creative yeast bread & party planning. A member may exhibit in one or all classes.
- **Cooking 401 Unit 4**--there is a variety of classes to choose from for an exhibit: flatbread, double crust pie, & celebration meals. A member may exhibit in one or all classes.

## RESOURCES

- *Cooking 101 MJ1001*
- *Cooking 201 MJ1002*
- *Cooking 301 MJ1003*
- *Cooking 401 MJ1004*
- *4-H Cooking Helper's Guide LJ1400*
- *Foods and Nutrition Tip Sheet*
- *Foods and Nutrition e-Record*
- *State Fair Exhibit Requirements*

