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

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 shortened 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
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 from 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**