

Authored by National 4-H Council.

Cost \$6.50-\$12.50 per manual

Purchase a binder to store the manual!

Make sure your cooking area is ready with this [checklist](#) of recommended items.



4-H Cooking Curriculum 201

SKU: 4H01513Y

Topics include understanding and preventing foodborne illnesses, thawing frozen foods, proper knife techniques, how to read Nutrition Facts labels, and how to make soups, rice, pasta, and other foods.

The curriculum comes as loose-leaf paper to make it easier for youth to pull out recipes. Purchase a binder to store the manual!

See Cooking 101 for a checklist of recommended items needed for the Cooking series. The list contains the basics that will be used for Cooking 101, and it's a great starting point for the items needed in the other levels. Start with this list and then add the specialty items you need depending on the topic, such as cake pans, candy thermometers, electric grills, etc.

4-H Cooking Curriculum 301

SKU: 4H01514Y

Youth practice making bread, grilling meats, vegetables, and fruit, and making butter. Youth learn about yeast, gluten, and different types of fats.

The curriculum comes as loose-leaf paper to make it easier for youth to pull out recipes. Purchase a binder to store the manual!

See Cooking 101 for a checklist of recommended items needed for the Cooking series. The list contains the basics that will be used for Cooking 101, and it's a great starting point for the items needed in the other levels. Start with this list and then add the specialty items you need depending on

4-H Cooking Curriculum Helper's Guide

SKU: 4H01516F

The Helper's Guide provides best practices for a 4-H cooking club, learning objectives for cooking projects, and additional activities.

The curriculum comes as loose-leaf paper to make it easier for youth to pull out recipes. Purchase a binder to store the manual!

See Cooking 101 for a checklist of recommended items needed for the Cooking series. The list contains the basics that will be used for Cooking 101, and it's a great starting point for the items needed in the other levels. Start with this list and then add the specialty items you need depending on the topic, such as cake pans, candy thermometers, electric grills, etc.

4-H Cooking Curriculum 101

SKU: 4H01512Y

Among other topics, youth learn how to use MyPlate, avoid spreading germs while cooking, measure and mix ingredients, test baked goods for doneness, brown meat, and set the table for a family meal.

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the topic, such as cake pans, candy thermometers, electric grills, etc.

4-H Cooking Curriculum 401

SKU: 4H01515Y

Youth learn about herbs and spices and how to make ethnic foods. Youth also practice making cakes, candy, pastries, and pies.

The curriculum comes as loose-leaf paper to make it easier for youth to pull out recipes. Purchase a binder to store the manual!

See Cooking 101 for a checklist of recommended items needed for the Cooking series. The list contains the basics that will be used for Cooking 101, and it's a great starting point for the items needed in the other levels. Start with this list and then add the specialty items you need depending on the topic, such as cake pans, candy thermometers, electric grills, etc.

Note: This is an addition to the toffee recipe on page 91. "Rub the butter on the sides of the pan, which keeps the toffee from sticking. Then melt the remaining butter in the pan."