

Cooking 201, 301 & 401, Food Preservation and Self Determined

Project Instructor: Jenny Miller (Cooking 201,301,401, & Foods Self Determined) 304-582-4270

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Please fill out your project book neatly, complete each line and please use complete sentences. When doing optional activities, write your response on separate sheet of paper and staple in project book on page where activity is listed. If you have questions or need help completing your project book or with exhibit requirements please contact your project leader/instructor.

Project books are due to your Club Leader at your September meeting.

Cooking 201 Book Requirements

For each year of this three year book you will need to:

- * Prepare a minimum of 2 dishes from each of the **recipe sections** (fruits and vegetables, grains, protein, dairy and desserts) for a total of 10 dishes. Attach pictures and provide information on your completed dishes on a piece of notebook paper.
- * Give 2 **informal demonstrations** on food or kitchen safety to your helper, leader or club each year and have your leader or helper score, date and initial your demonstration in the appropriate section below.
- * Give a minimum of 3 **"How To"** demonstrations to your helper, club leader or club and have your leader or helper score, date and initial your demonstration in the appropriate section below.
- * Complete at least **one community service project** such as baking food for a charity bake sale.
- * Complete your **project exhibit**.

BCYF Exhibit Requirements:

Year 1 - Three (3) snickerdoodle cookies placed on a disposable plate in a zip lock bag from recipe on page 88.

Year 2 - Three (3) rolled biscuits placed on a disposable plate in a zip lock bag from recipe on page 50

Year 3 - Three (3) scones placed on a disposable plate in a zip lock bag from recipe on page 51

WV State Fair Exhibit Requirements:

Year 1 - Six (6) snickerdoodle cookies and recipe card, or six (6) frozen snickerdoodle cookies. Display in freezer bag or freezer container. Include index card with instructions for defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Year 2 - Six (6) rolled biscuits and recipe card, or six (6) frozen rolled biscuits. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Year 3 – Six (6) scones and recipe card, or six (6) frozen scones. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Cooking 301 Book Requirements

For each year of this three year book you will need to:

- * Prepare a minimum of 2 dishes from each of the **recipe sections** (fruits and vegetables, grains, protein, dairy and desserts) for a total of 10 dishes. Attach pictures and provide information on your completed dishes on a piece of notebook paper.
- * Give a minimum of 3 **"How To"** demonstrations to your helper, club leader or club and have your leader or helper score, date and initial your demonstration in the appropriate section below.
- * Complete one **food science experiment** and have your leader or helper score, date and initial your experiment in the appropriate section below.
- * Complete at least **one community service** project such as planning and hosting a holiday party for children in need or baking cakes or cupcakes for a homeless shelter.
- * Complete your **project exhibit**.

BCYF Exhibit Requirements:

- Year 1 - Three (3) basic dinner rolls placed on a disposable plate in a zip lock bag from recipe on page 40.
- Year 2 - Three (3) soft pretzels placed on a disposable plate in a zip lock bag from recipe on page 48.
- Year 3 - One (1) Swedish tea ring placed on a disposable plate and wrapped tightly with plastic wrap or in ziploc bag from recipe on page 45.

WV State Fair Exhibit Requirements:

- Year 1 - Six (6) basic dinner rolls and recipe card, or six (6) frozen basic dinner rolls. Display in freezer bag or freezer container. Include index card with instructions for defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.
- Year 2 - Three (3) soft pretzels and recipe card, or three (3) frozen soft pretzels. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.
- Year 3 – One (1) Swedish tea ring, or one (1) frozen Swedish tea ring. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Cooking 401**Book Requirements:**

- For each year of this three year book you will need to: (Record on Project Score Sheet which was mailed to you.)
- * Prepare a minimum of 2 dishes from each of the **recipe sections** (fruits and vegetables, grains, protein, dairy and desserts) for a total of 10 dishes. Attach pictures and provide information on your completed dishes on a piece of notebook paper .
 - * Give a minimum of 3 **“How To”** demonstrations to your helper, club leader or club and have your leader or helper score, date and initial your demonstration in the appropriate section below.
 - * Complete one **food science experiment** and have your leader or helper score, date and initial your experiment in the appropriate section below.
 - * Complete at least **one community service project** such as planning and hosting a holiday celebration meal for needy families in your community, or preparing an ethnic meal for foreign exchange students from a local high school or university.
 - * Complete your **project exhibit**.

BCYF Exhibit Requirements:

- Year 1 - Three (3) pieces of pita bread placed on a disposable plate in a zip lock bag from recipe on page 20.
- Year 2 - One (1) French bread loaf (approximately 2”X14”) wrapped tightly with plastic wrap or in Ziploc bag from recipe on page 24.
- Year 3 - Three (3) English muffins placed on a disposable plate in a zip lock bag from recipe on page 26.

WV State Fair Exhibit Requirements:

- Year 1 - Three (3) flatbread circles and recipe card, or three (3) frozen flatbread circles. You may prepare pita bread, or chapatti, roti. Display in freezer bag or freezer container. Include index card with instructions for defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.
- Year 2 - One (1) rosemary focaccia bread (approximately 15”X10”X1”) or one (1) French bread loaf (approx. 2”X14”) and recipe card, or frozen rosemary focaccia bread or French bread loaf. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.
- Year 3 - Six (6) English muffins and recipe card, or six (6) frozen English muffins. Display in freezer bag or freezer container. Include index card with instructions for cooking or defrosting. Label with name of product, quantity, and date frozen AND provide a poster which highlights your completed community service project for the year.

Pressure Canning

Book Requirements:

For each year, you will need to:

- *Complete *My Plans* on page 5. Attach additional sheets, if needed.
- *Read and complete pages 6-18. The *Going Further* sections are optional.
- * Complete a demonstration for either your club or project leader for the *Show What You Have Learned* section on page 36.
- *Complete the *Reflections* section on page 36. Attach additional sheets, if needed.
- *Complete 4 activities. After 3 years in the project manual, you should have completed all 10 of the activities (the third year, you will only have two activities to complete. Attach pictures of you completing your activities to your project book.

BCYF Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

WV State Fair Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

Boiling Water Canning

Book Requirements:

For each year, you will need to:

- *Complete *My Plans* on page 5. Attach additional sheets, if needed.
- *Read and complete *pages 6-18*. The *Going Further* sections are optional.
- *Complete a demonstration for either your club or project leader for the *Show What You Have Learned* section on page 39.
- *Complete the *Reflections* section on page 39. Attach additional sheets, if needed.
- *Complete 4 activities. After 3 years in the project manual, you should have completed at least a total of 12 of the 16 activities. Attach pictures of you completing your activities to your project book.

BCYF Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

WV State Fair Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

Freezing

Book Requirements:

For each year, you will need to:

- *Complete *My Plans* on page 5. Attach additional sheets, if needed.
 - * Read and complete *pages 6-20*. The *Going Further* sections are optional.
 - * Complete a demonstration for either your club or project leader for the *Show What You Have Learned* section on page 37.
 - *Complete the *Reflections* section on page 37. Attach additional sheets, if needed.
 - *Complete 4 activities. After 3 years in the project manual, you should have completed a total of at least 12 of the 16
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activities. Attach pictures of you completing your activities to your project book.

BCYF Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

WV State Fair Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

Drying

Book Requirements:

For each year, you will need to:

- *Complete *My Plans* on page 5. Attach additional sheets, if needed.
- * Read and complete *pages 6-25*. The *Going Further* sections are optional.
- *Complete a demonstration for the *Show What You Have Learned* section
- *Complete the *Reflections* section on page 39. Attach additional sheets, if needed.
- * Complete 4 activities. After 3 years in the project manual, you should have completed a total of at least 12 of the 13 activities. Attach pictures of you completing your activities to your project book.

BCYF Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

WV State Fair Exhibit Requirements:

Display one of the activities you completed this year. Also, include a poster about the product and pictures of you completing that activity.

The 4-H Member selects their method of exhibition. It is the responsibility of the member to register and complete all requirements of their selected exhibition organization by directly working with them and following their rules/ regulations/deadlines. Go to their websites

for further information: berkeleycountyouthfair.org or statefairfowv.com

If the member chooses to complete at the State Fair they should see the Extension Agent for approval.

If the member chooses to complete at the Club Level they should make arrangements with their Leader.