Explore the world of cooking with tasty, hands on experiences; from the sweet and simple to the complex and savory and everything in between.

### Exploring 4-H Cooking
#### Spark Activity: Kitchen Scavenger Hunt
See how many of these things you can locate and/or do within your kitchen.

- ½ cup Dry Measuring Cup
- 1 cup Liquid Measuring Cup
- 1 Tablespoon Measuring Spoon
- Cookie Sheet
- Cutting Board
- Fruits & Vegetables: Identify 2 fruits and 2 vegetables you have on hand (may be fresh, frozen, canned, or dry).
- Flour: Measure 1 cup of flour by spooning the flour lightly into the measuring cup until it is overfull. Level off the flour with the straight edge of a knife. Repeat.
- Food Thermometer
- Hand Soap
- Herbs & Spices: Identify 3 herbs or spices you have on hand.
- Hot Pads
- Microwave Safe Dish
- Oven: See how long it takes to preheat to 350 °F.
- Recipe
- Refrigerator
- Whisk

These everyday kitchen items are essential for learning how to cook!

### 4-H Project Levels and Goals

#### Beginner
- Learn the basics of cooking
- Learn how to measure dry and wet ingredients
- Learn to properly set the table
- Learn to prepare a daily and weekly menu
- Practice food & kitchen safety
- Learn about & prepare items from each food group
- Become familiar with different kitchen tools & techniques

#### Intermediate
- Continue to prepare items from food groups
- Demonstrate a cooking skill to your club
- Explore and complete food experiments
- Plan & complete a community service project

#### Advanced
- Explore career paths
- Prepare a taste test
- Try using new herbs and spices
- Create your own herb & spice blends and start your own business selling the mixtures to friends, neighbors, and/or family
Put Your Project Into Action

Show Your Skills
- Create a menu for a balanced special meal
- Design a traditional meal of a specific culture
- Practice plating techniques
- Start a kitchen garden; develop dishes with the harvest
- Instructions on how to prepare a meal so that all items have the same finishing time

Service and Leadership
- Cookie baking day with a nursing home
- Kitchen supply drive for a community center
- Volunteer at a soup kitchen
- Coordinate a meal train for families in-need
- Donate to/volunteer at a local food pantry
- Chair your 4-H club’s refreshment committee
- Coordinate food-related 4-H service projects
- Youth liaison for food stand at 4-H Show
- Assist a Food SPIN club in using new recipes

Entrepreneurship
- Make & sell homemade candy for holidays
- Create a cookbook
- Mix and sell locally sourced dried spice blends

Technology Connection
- Explore new kitchen gadgets & how they improve the kitchen experience
- Set up a virtual cooking show
- Start a food blog

Connecting with a Mentor
- Community college with Culinary Arts Program
- Local restaurants/bakeries/caterers
- Local food company
- Family & Consumer Education Teachers/Community College/University Food and Nutrition Majors/Faculty

Events
- 4-H Food Challenge
- 4-H Food SPIN Club
- 4-H Presentations Contest - Food Demonstration
- Illini Summer Academies
- Local cooking/baking challenges/cook-offs
- Community-wide food festivals
- Local grocery store cook-offs or demonstrations

Start a Conversation
Have you ever wondered if different styles of knives have different functions?
Do you wonder “why” yeast is needed in certain breads?
Are you tired of eating steamed green beans, and want to explore new methods of preparing them?
Are you passionate about food, and want to make a career out of it?
Is there an old recipe you want to try from your ancestors?
Do you want to learn about new foods and their nutritional values?

Want to learn more?
go.illinois.edu/4Hcooking

Explore more at Illinois 4-H!
4-H.extension.illinois.edu

Careers for People Interested in Cooking
- Chef
- Food Scientist
- Research & Development
- Food Stylist
- Registered Dietitian
- Nutritionist
- Recipe Developer/Taste Tester
- Restaurant Owner
- Food and Nutrition Educator

Credits: “4-H Cooking 101, 201, 301, 401” – University of Illinois Extension 4-H Publication | Katharine Rose M. Girone, University of Illinois Extension, 4-H Program Coordinator | 4-H Spark Sheets are a collaborative effort of 4-H staff, volunteers, alumni and teens from across Illinois. A big thanks to the many contributors and reviewers!