



PEER REVIEWED

01512Y

# 4-H Cooking

## 101



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# ACKNOWLEDGEMENTS

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All recipes in this book were tested by University of Illinois Extension Nutrition and Wellness Educators.

- Recipes were analyzed using The Food Processor SQL, Version 10.0.
- 2% milk was used unless another kind of milk was specified in the recipe.
- When a range was given for ingredient amount or number of servings, the largest number was used in the analysis.
- When options were listed for ingredients in a recipe, the first ingredient listed was analyzed.

Codes for Nutrition Facts: g = gram and mg = milligram.

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**For ordering information** contact National 4-H Council Supply Service at: (301) 961-2934 or [www.4-Hmall.org](http://www.4-Hmall.org).



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# 4-H Cooking 101

## TABLE OF CONTENTS

A Note to the Project Helper .....	4
Project Planning Basics .....	5
Kitchen Basics: What Do You Know? .....	6
Explore MyPlate .....	8
Food Safety Basics .....	13
Kitchen Safety Basics .....	15
Demonstrate Your Knowledge on Kitchen Safety Basics .....	18
Experiment! Testing For Microwave-Safe Dishes .....	19
Meal Time Basics .....	20
Measuring Basics .....	22
Experiment! How Much Flour Will a Measuring Cup Hold? .....	26
Cooking “How To” Basics .....	28
Demonstrate Your Knowledge on Cooking “How To” Basics .....	32
<b>Recipes .....</b>	<b>33</b>
■ Snacks .....	33
■ Side Dishes .....	40
■ Main Dishes .....	48
■ Quick Breads .....	54
■ Desserts .....	62
Nutrition Facts .....	75
<b>Recipe Index .....</b>	<b>80</b>
<b>Equipment Basics .....</b>	<b>81</b>
<b>Glossary .....</b>	<b>83</b>



# A NOTE TO PROJECT HELPERS



The *4-H Cooking 101* project was developed for young people who are just learning to cook and bake. The project covers kitchen and food safety, basic food preparation, and nutrition. You have a very important role as the Project Helper. Many of the activities and recipes in this project require the help of an adult or older youth. Your responsibility is to guide, assist and mentor the young person in the project, but it is important to allow the youth to complete the activities and recipes themselves. Cooking is an art as well as a science so youth can learn from your experience and his/her practice.

Learning by doing is the best way to learn food preparation skills. Young people will learn important life skills that they will use as they grow and become independent, responsible adults. Instead of always telling the youth the right answer or the correct way to do something, ask the young person what he/she thinks and allow the youth to learn from trial and error. With support from you as a caring person, he/she will remember these lessons and the impact that you had on his/her life.

As you work with the young person on this beginning foods project, remember to focus on the positive. If the youth doesn't do things quite the way you would, compliment on what is done well rather than criticizing. If something doesn't turn out right, use that as a learning opportunity to find out what the youth might do differently next time. Your positive feedback and encouragement as the Project Helper is important to the youth.



# PROJECT PLANNING BASICS

Welcome to *4-H Cooking 101*. In this project you will learn many skills that every good cook needs. It may take two or three years for you to complete *4-H Cooking 101*. When you are finished you will have a good foundation for preparing many of your family's favorite dishes and snacks. You have over 40 different recipes to choose from and several learning activities to complete as part of the project.

It is important to have a project helper to guide you through the things you will learn in this project. Your helper can be a parent, grandparent, club leader, or another adult or older youth who has experience in food preparation and safety. Show the person your project book and ask if he/she would be willing to help you with the project. Ask your helper to complete the following information:

My Project Helper \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail address \_\_\_\_\_

## For each year of the *4-H Cooking 101* project you should:

- Prepare 2 to 3 dishes from **each** of the recipe sections: snacks, side dishes, quick breads, main dishes, desserts (10 to 15 dishes total)
- Complete 2 learning activities
  - Explore **MyPlate** Activity
  - Demonstrate Your Knowledge on Safety Basics
  - Experiment: Testing for Microwave-safe Dishes
  - Experiment: How Much Flour Will a Measuring Cup Hold?
- Demonstrate your knowledge on Cooking “How To” Basics. Give 3 to 5 “How To” demonstrations to your helper, leader or club.
- Complete at least one community service project such as baking food for a charity bake sale.



# KITCHEN BASICS: WHAT DO YOU KNOW?



Following is a list of the skills you will learn in *4-H Cooking 101*. Before you start working on the project, read through the list of skills and rate yourself on how much you know now. Then **at the end of each project year**, rate what you know about the cooking skills you have practiced.

Use the following rating scale: Begin each statement with the phrase, "I know how to..." then circle 1 = not at all; 2 = a little; 3 = a lot

I know how to...	Before	After
Use <b>MyPlate</b> to eat a daily balanced diet	1 2 3	1 2 3
Avoid spreading germs while I am cooking	1 2 3	1 2 3
Properly and safely use small appliances for cooking	1 2 3	1 2 3
Properly and safely use the range when cooking	1 2 3	1 2 3
Properly and safely use the oven when baking	1 2 3	1 2 3
Safely use a knife and cutting board to cut up food	1 2 3	1 2 3
Test a dish to see if it is microwave safe	1 2 3	1 2 3
Set the table for a family meal	1 2 3	1 2 3
Accurately measure liquid and dry ingredients	1 2 3	1 2 3
Follow a recipe	1 2 3	1 2 3
Break an egg	1 2 3	1 2 3
Prepare a pan for baking	1 2 3	1 2 3
Mix foods	1 2 3	1 2 3
Use the microwave to melt fat and other ingredients	1 2 3	1 2 3
Hard cook eggs	1 2 3	1 2 3
Cream butter and sugar	1 2 3	1 2 3
Beat a mixture until smooth	1 2 3	1 2 3
Cut fat into flour	1 2 3	1 2 3
Drain liquids from solid ingredients	1 2 3	1 2 3
Safely remove a pan from the oven	1 2 3	1 2 3
Test cookies, cakes and muffins for doneness	1 2 3	1 2 3
Rate baked foods for quality	1 2 3	1 2 3
Brown ground meat for sauces and sandwiches	1 2 3	1 2 3
Pour off extra fat from cooked ground meat	1 2 3	1 2 3

# PROJECT RECORD

As you complete project activities or recipes, record your work below.

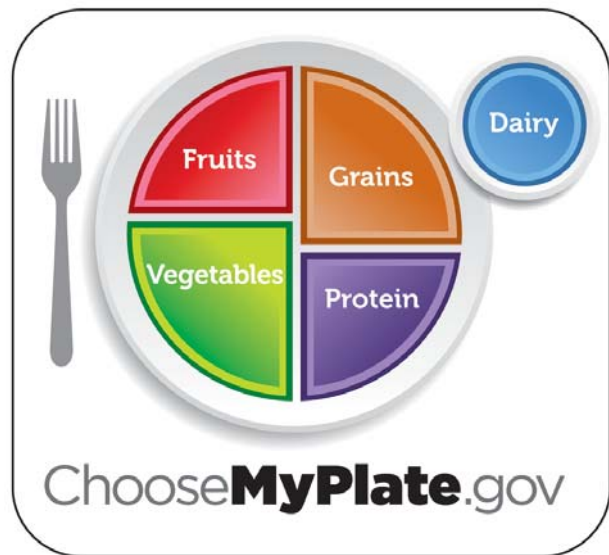
Year 1		Year 2	
Activity or Recipe	Date Completed	Activity or Recipe	Date Completed



# EXPLORE MyPLATE



When learning to prepare food, it is just as important to learn about nutrition. There are so many foods to choose from, but some of them are better choices than others. How do we know which foods to choose and how much to eat to have a healthy, balanced diet? **MyPlate** helps guide your choices. **MyPlate** shows how to balance the five food groups that are the building blocks for a healthy diet.



## Tips to a Great Plate

1. **Make half your plate veggies and fruits.** Vegetables and fruits are full of nutrients that promote good health. Although most of us don't eat enough vegetables, we should eat a variety of vegetables every day.

Vegetables provide several different vitamins and minerals your body needs. For example, Vitamin A is found in dark green vegetables (like broccoli and spinach) and dark yellow and orange vegetables (like carrots and sweet potatoes). Vitamin A keeps the cells in our body healthy.

Fruits also provide vitamins and minerals. For example, oranges, grapefruit, strawberries, and melons have Vitamin C which helps our bodies to heal. Deep yellow fruit like apricots and cantaloupe have Vitamin A.

2. **Add lean protein.** Food from the protein group should be lean — that means it doesn't have much fat in it. Choose protein foods, such as lean beef or pork, or chicken, turkey, beans, or fish. Baking, broiling, and grilling are better choices for cooking protein foods than frying because they do not add fat to the meat.



3. **Include whole grains.** Grains are used to make bread, cereal, rice, and pasta. These foods are made from wheat, rye, oats, and rice. Try to make at least half of your grains whole grains. Whole grains are higher in fiber than others. Look for the words “100% whole grain” or “100% whole wheat” on the ingredients label. Foods from the grains group have carbohydrates. Carbohydrates provide energy for our bodies.
4. **Don't forget the dairy.** Drink a cup of fat-free or low-fat milk at each meal or with a snack. Milk gives us calcium to keep our bones and teeth strong. Milk and foods made from milk are the best sources of calcium. While we are growing, our bones need the calcium from these foods so enjoy three dairy servings every day. If you don't like milk, include fat-free or low-fat yogurt or reduced-fat cheese in your meals or snacks.
5. **Drink water instead of sugary drinks.** Cut calories by drinking water or unsweetened beverages. Soft drinks, energy drinks, and sports drinks add extra sugar and calories to your diet that your body usually doesn't need. The extra calories are stored in the body as fat.
6. **Balance the food you eat with daily exercise.** Young people should get 60 or more minutes of physical activity every day. Daily physical activity helps keep your body healthy. Pick activities that you enjoy and you will find it easy and fun to reach this goal. Invite a friend or family members to join you — and don't forget the family pet. Pets enjoy exercise too.
7. **Eat these foods less often.** Cut back on foods high in fat, added sugar, and salt. This includes cake, cookies, ice cream, candy, sweetened drinks, pizza, and fatty meats like sausage, bacon, and hot dogs. Eat these foods as occasional treats, not every day foods.

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### Did You Know

*There are about 10 teaspoons of sugar in a 12-ounce can of soft drink. If you drink two of those a day, that adds 20 teaspoons of sugar – over 300 “empty calories.”*

????????

### Did You Know

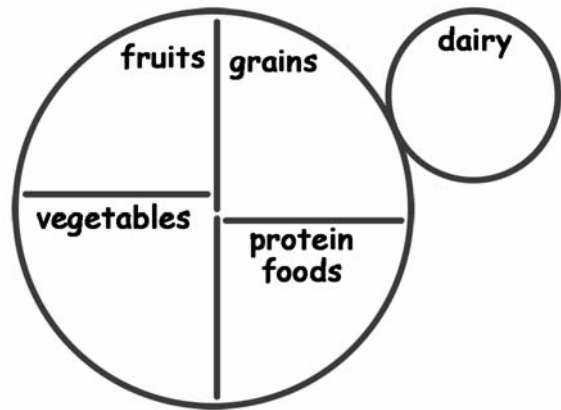
*Foods that are high in fat and added sugar contain **empty calories** — calories that provide few or no nutrients to your body. The extra calories are stored in the body as fat.*



## What's on Your Plate? Activity

How are you doing following the guidelines for healthy eating? Let's find out.

- Write down everything you eat for one day, including all three meals and snacks.
- On three paper or foam plates, draw the outline of the **MyPlate** graphic as shown here.



- For each meal, draw, paste pictures, or write in the foods you ate in the matching food group on one plate. For example, if you had cereal for breakfast, record that in the grains section of one plate. Add the other foods that you ate for breakfast in the matching food group.
- If you need help deciding which food group a food belongs to, visit the **MyPlate** website at [MyPlate.gov](http://MyPlate.gov) and click on the **MyPlate** button at the top left of the screen. Then click on each food group for more information.
- On smaller plates, draw, paste pictures, or write in the dairy foods and snacks you ate.
- Answer these questions and decide if your meals are balanced for a healthy diet.

1. Was half of your plate vegetables and fruits for each meal? \_\_\_\_\_ If not, list some vegetables or fruits that you can add to each meal to make it balanced.

_____	_____
_____	_____
_____	_____

2. Did you have lean protein at each meal or snack? \_\_\_\_\_ If not, what lean protein could you add or substitute for the protein that you ate?

_____
_____

3. What whole grains did you eat for meals or snacks? \_\_\_\_\_  
\_\_\_\_\_
4. Did you have three servings of milk or dairy foods? \_\_\_\_\_  
Were they fat-free or low-fat? \_\_\_\_\_  
If not, what lower fat dairy product could you substitute? \_\_\_\_\_  
\_\_\_\_\_
5. Did you have any sugar sweetened beverages, such as a soft drink or sports drink? \_\_\_\_\_  
What would be some healthier choices to replace the sweetened beverages?  
\_\_\_\_\_  
\_\_\_\_\_
6. Based on what you learned about healthy eating, how are you doing eating healthy, balanced meals and snacks?
- Not so good
  - Better than I thought
  - Good, but I still have room for improvement
  - I made good food choices
7. What are two changes you will make to eat a balanced, healthy diet?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### *Learn More*

To learn more about **MyPlate** and making healthy food choices,  
go to ***ChooseMyPlate.gov***



## What's in That Bottle?

What is your favorite soft drink? Store shelves are lined with soft drinks in every size, color, taste, and brand that consumers demand. But, do you know what you are drinking when you sip your favorite soft drink? Soft drinks are made from simple ingredients: carbonated water, sugar or other sweetener, and different flavorings and colorings. Most people agree that water is good for you, but not when mixed with high amounts of sugar. How much sugar? Look at the chart to find out.

Each teaspoon of sugar contains 15 calories and since sugar does not provide any nutrients, those are empty calories. Let's see how the numbers add up.

### Sugar in Soft Drinks

Soft Drink Size	Servings	Grams Sugar	Teaspoons Sugar	Empty Calories
1 cup = 8 oz	1	28	7	105
12 oz = 1 can	1.5	42	10.5	157.5
16 oz = 1 bottle	2	56	14	210
20 oz = 1 bottle	2.5	70	17.5	262.5
24 oz = 2 cans	3	84	21	315
32 oz = 1 liter	4	112	28	420
44 oz = supersize	5.5	154	38.5	577.5

## Adding It Up

- On the chart above, circle the two sizes of soft drinks that you usually drink.
- Gather the supplies you need: empty beverage containers for the two sizes you circled — rinsed and dried, measuring spoons, sugar, and a clean sheet of paper. If using a 12 oz. can, you'll also need a clear glass or cup.
- Roll the paper into a tube and slide one end into the bottle. Gently open the top of the roll to create a funnel. For cans, use a clear glass or cup.
- Measure the number of teaspoons of sugar listed for one size you chose and pour each teaspoon of sugar into the funnel. Repeat for second soft drink.
- Are you surprised at how much sugar is in your soft drink? Answer these questions.

1. If you drink these two soft drinks, how much sugar are you drinking?

\_\_\_\_\_

How many empty calories does that total? \_\_\_\_\_

2. What did you learn from this activity? \_\_\_\_\_

\_\_\_\_\_

3. What changes will you make as a result of this activity? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_