

Culinary



Did you know...

In the 4-H Culinary project, a 4-H member can learn proper food preparation, along with safety and cleanliness in the kitchen.

What can I do...

- Give a 4-H demonstration on how to make healthy salad
- Join the 4-H Grill Master Challenge team in your county
- Sign up for the 4-H Meat Identification contest in your county
- Prepare a healthy meal for an elderly neighbor

Check this out...

This activity gives you a glimpse of what this project is about. In the Culinary project, you can learn how to prepare a variety of foods using different cooking methods.

Directions: Find the words hidden in the puzzle.

Beef

Poultry

Chef

Safety

Fish

Spatula

Grill

Spice

Oven

Vegetables

S	P	I	C	E	B
T	C	A	H	L	R
S	A	F	E	T	Y
E	L	E	F	Q	R
L	U	Z	E	K	T
B	T	D	B	V	L
A	A	P	E	I	U
T	P	N	E	V	O
E	S	O	F	O	P
G	R	I	L	L	Y
E	M	F	W	G	U
V	R	H	S	I	F



Future Thoughts...

What kind of career would someone in the Culinary project want to pursue?

- Executive Chef
- Chocolatier
- Food Scientist

Do you know what all of these professions do in their job? If not, do some research and dig a little deeper.

Work on this...

Menu Planning

Planning a meal for several people can be challenging. Plan a healthy meal for your family. Consider prep and cook times, ingredients needed and cost to prepare.

Recruit a family member or a friend to help you with this activity. With help and permission from your family, prepare this meal for supper one evening.

What's Next?

Contact your local 4-H Agent on other ways you can get involved with this project and with 4-H.

4-H activities and events to consider:

- 4-H Grill Master Challenge
- 4-H Meat Identification Contest
- 4-H FCS Skillathon Contest
- Junior High 4-H Academic Conference
- 4-H Culinary Camp
- 4-H Demonstration and/or Project Exhibit

