



Enroll in ZSuite Under this Project Name: FOOD-DUTCH OVEN-Level 1

Approved for 2023-24 Project Year

Project Description: Youth will learn how to select, care for, and stay safe around a Dutch oven. Cook up a variety of tasty foods outdoors
Because Dutch oven cooking requires lifting heavy ovens and handling hot coals, ages 12 and up recommended.

REQUIRED YOUTH CURRICULUM

[Dutch Oven Cooking \(#BUL938\), 2019](#)

[Dutch Oven Recipes, 2010](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Dutch Oven Helper's Guide \(#BUL940\), 2019](#)

SUPPLEMENTAL RESOURCES

none

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. [Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete all reflection questions in the Dutch Oven Cooking Unit 1 member manual.
	Complete three (3) Beyond Cooking activities.
	Prepare one item from each of the following categories: <ul style="list-style-type: none"> • Soup or stew • One-dish meal • Vegetable • Quick bread • Dessert • Breakfast • Cooking on the lid
	Create a recipe book or file that includes everything you cooked PLUS additional recipes to total 11 recipes each year.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Dutch Oven Cooking Unit 1 manual.
	Recipe File or book with a minimum of 11 recipes included for each year in the project.
	ONE of the following exhibit options: <ul style="list-style-type: none"> • Non-perishable dessert (see note below) you learned to make during the project year. Include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. • A poster (14" x 22") or display illustrating what you learned in the project this year.
	Note: Foods using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that require refrigeration should not be exhibited.

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