



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

*Approved for 2024-25 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 Project Manual Level 1](#) (#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



### 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"> <li>• Soup or stew</li> <li>• One-dish meal</li> <li>• Vegetable</li> <li>• Quick bread</li> <li>• Dessert</li> <li>• Breakfast</li> <li>• Cooking on the lid</li> </ul>
	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"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

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"> <li>• 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.</li> <li>• A poster (14" x 22") or display illustrating what you learned in the project this year.</li> </ul>
	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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