



2016 4-H COOKING CAMP

SPONSORED BY: CHAMPAIGN CO. 4-H FAMILY & CONSUMER SCIENCES COMMITTEE

FEBRUARY 20, 2016

9 am to 1 pm

\$5.00

Lunch will be vegetable pizzas and fruit dip that you will construct.

Registration: Due by Feb. 15, 2016

Name: _____

Address: _____

Phone: _____

List Any Food Allergies: _____

***Are you a beginner level 4-H cooking member?
Want to get started off on the right track? You
need to attend this 4-H Cooking Camp!***

We will cover topics that you need to know, such as:

- ❖ MyPlate Guidelines
- ❖ Nutrition Label Reading
- ❖ Food Portion Sizes
- ❖ Menu Planning & Table Setting
- ❖ Food Safety
- ❖ Cutting, Chopping & Measuring Techniques
- ❖ Nutrition Skillathon Boards will be available for review.

You will construct a vegetable pizza and fruit dip for your lunch. Drinks will also be provided. You will receive a few cooking utensils to start your own kitchen utensil supply. Cooking project books will be available for purchase for \$6.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Champaign County Extension

1512 S US Hwy 68, Suite B100

Urbana, OH 43078

937-484-1526

champaign.osu.edu