



OUTDOOR COOKING

Unit 1: On the Grill

Project Overview

The On the Grill unit in Outdoor Cooking is designed to help 4-Hers learn food safety, methods of cooking outdoors along with equipment, and techniques.

Key Learning Topics

- Planning healthy outdoor meals.
- Outdoor food safety
- Food storing safety
- How to use an ice chest
- Outdoor cooking methods (grilling, barbeque or BBQ)
- Protein foods and recipes
- Vegetables on the grill & recipes
- Fruits and desserts on the grill & recipes
- Incorporating grains into outdoor cooking
- Heat and sun safety

Expanding the Project

- Volunteer your time to help someone in your area wanting to use their grill.
- Assist younger 4-H members with this project.
- Put together a team for the State 4-H Food Challenge

Resources

- Outdoor Cooking Project Unit I: On the Grill Project Book, 100.E-96 (N-2015)
- Outdoor Cooking Unit II: Dutch Oven Cooking
- Food Project Record Sheet



Exhibit Guidelines

1. Outdoor Cooking- Grilling Exhibit
2. Outdoor Cooking- Grilling Recipe (original or adapted- mounted on firm paper 8 1/2" x 11") & completed Meal Planning Worksheet (p. 43-45) of the On the Grill project book

Targeting Life Skills:

- Disease Prevention
- Self-discipline
- Concern for Others
- Healthy Lifestyle Choices
- Wise use of Resources
- Critical thinking
- Problem solving
- Decision Making
- Self-esteem

