



OUTDOOR COOKING

Unit 2: Going Dutch

Project Overview

The 4-H Outdoor Cooking Going Dutch project builds on information from Unit 1 including planning healthy meals and outdoor food safety. It will also focus on using Dutch ovens.

● Key Learning Topics

- Unit 1 Review (planning healthy outdoor meals, outdoor food safety)
- Campfire safety
- History of Dutch Oven Cooking
- Choosing your First Dutch Oven
- Cleaning and Seasoning your Dutch Oven
- Choosing a Heat Source for your Dutch Oven

Expanding the Project

- Volunteer your time to help someone in your area buying a Dutch oven clean and season it
- Assist someone in your area wanting to cook with a Dutch Oven
- Encourage younger 4-H members to choose this project

Resources

- Outdoor Cooking Unit 1: On the Grill
 - Outdoor Cooking Unit 2: Going Dutch
- 100.E-97 (N-2016)
- Foods Project Record Sheet

Exhibit Guidelines

1. Outdoor Cooking- Dutch Oven Exhibit
2. Outdoor Cooking Dutch Oven Recipe (original or adapted-mounted on firm paper 8 1/2" x 11") and completed Meal Planning Worksheet (pages 20-22) of the Going Dutch Project Book

Targeting Life Skills:

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

