

Healthy Living

BAKING LEVEL 1

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Baking 1 Manual</i> (#ND EC111) 📖 2020 • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Baking 1 Manual</i> (#ND EC111) 📖 2020 	<p>In the member's Baking 1 manual:</p> <ul style="list-style-type: none"> • Review the Eating Well and Getting Ready to Bake sections with your Volunteer. • Make baking powder biscuits; evaluate your product with the judging sheet provided on page 15. • Make at least one type of muffin; evaluate your product with the judging sheet provided on page 19. • Make at least one type of cookie; evaluate your product with the judging sheet provided on page 28. • Become involved in at least one Service/Leadership activity. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>ZSuites 4-H Involvement Report</i> • <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> • Baking 1 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Plus one of the following: <ul style="list-style-type: none"> ○ Three biscuits ○ Three plain muffins ○ Three chocolate chip cookies ○ Three sugar cookies-round, plain, un-iced ○ Three oatmeal cookies ○ Three peanut butter cookies • Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card. <p>OR</p> <ul style="list-style-type: none"> • A poster (14"x22") or display illustrating what you learned in this project this year. <p><i>Note:</i> Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Baking page (and to download curriculum) visit: https://www.uidaho.edu/extension/4h/projects/baking</p>		
<p>Optional Supporting Materials: Spanish version of <i>Make Half Your Grains Whole</i> at: http://www.choosemyplate.gov/ten-tips-make-half-your-whole-grains-whole</p>		