

Healthy Living

FROZEN DOUGH

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Rev. 09-16

Projects & Materials	Requirements	Exhibit Requirements
<p>Creative Ideas Using Frozen Bread Dough Ages 5-12</p> <p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Creative Ideas, Using Frozen Dough</i> (#53121) • <i>4-H Involvement Report</i> (#91910) • <i>4-H Project Record Book</i> (#91950) <p>Volunteer Materials:</p> <ul style="list-style-type: none"> • <i>Creative Ideas, Using Frozen Dough, Volunteer's Guide, (2 pages)</i> (#53122) <p>Please use Choose MyPlate at: www.choosemyplate.gov</p>	<p>In the member's Manual:</p> <ul style="list-style-type: none"> • Complete 5 of the 6 lessons and the review lesson. • Prepare foods for the selected units. • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Exhibit Project <p>Complete the following:</p> <ul style="list-style-type: none"> • <i>4-H Involvement Report</i> (#91910) • <i>4-H Project Record Book</i> (#91950) 	<ul style="list-style-type: none"> • 4-H Project Record Book (#91950) • 4-H Involvement Report (#91910) • A baked frozen bread product you have learned about by taking this project. 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 a display illustrating what you learned in this project this year. <p>Note: 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 Frozen Bread Dough page (and to download volunteer materials): https://www.uidaho.edu/extension/4h/projects/frozen-bread-dough</p>		