

Healthy Living

FROZEN DOUGH

(cont.)

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Rev. 09-15

| Projects & Materials | Requirements | Exhibit Requirements |
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| Outdoor Fun With Frozen Dough Ages 9 – 13 Youth Materials: <ul style="list-style-type: none"> <i>Outdoor Fun With Frozen Bread Dough Youth Project Manual (#53123)</i> <i>4-H Involvement Report (#91910)</i> <i>4-H Project Record Book (#91950)</i> Volunteer Materials: <ul style="list-style-type: none"> <i>Creative Ideas, Using Frozen Bread Dough Volunteer's Guide (#53122)</i> | <p>In the member's Manual:</p> <p>Complete two or more suggested activities in each segment (I-IV).</p> <ol style="list-style-type: none"> Segment I – Use one recipe in each technique - campfire cooking, rock cooking, and foil wrap cooking. Segment II - Prepare one or more Dutch oven recipes. Segment III - Prepare the “Flower Pot Picnic” or “Keep the Fire Burning” meal. Segment IV - Select or make one type of solar oven and cook one or two recipes from the solar cooking segment. <ul style="list-style-type: none"> 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 (91910)</i> <i>4-H Project Record Book (#91950)</i> | <ul style="list-style-type: none"> 4-H Project Record book (#91950) 4-H Involvement Report (#91910) A display of something you learned doing this project <p>OR</p> <ul style="list-style-type: none"> A cooked frozen bread product you prepared using one of the methods you learned about while taking this project. Include 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 illustrating something 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> |
| County Requirements: Check with your County Extension office for more information. | | |
| Support Materials: To download curriculum please visit: http://www.uidaho.edu/extension/4h/projects/projects/healthy-living-projects/frozenbreaddough | | |