

# Healthy Living

## BAKING LEVEL 4 - PIES

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>Baking 4 Manual (#ND EC114)</i> 📖 2018</li> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul> <p><b>Volunteer Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>Baking 4 Manual (#ND EC114)</i> 📖 2018</li> </ul>	<p>In the member’s Baking 4 manual:</p> <ul style="list-style-type: none"> <li>• Review the Eating Well and Basic Recipe for Pastry sections.</li> <li>• Make a one-crust baked pie crust and rate it with the score sheet on page 25.</li> <li>• Conduct at least one of the following:               <ol style="list-style-type: none"> <li>1. <b>Pastry-Let’s Experiment:</b> activity on pages 26-28, record your findings and answer the questions in the manual about the experiment.</li> <li>2. <b>Filling-Let’s Experiment:</b> activity on pages 31-34, record your findings and answer the questions in the manual about the experiment.</li> <li>3. <b>Thickening Agent-Let’s Experiment:</b> activity on pages 35-37, record your findings and answer the questions in the manual about the experiment.</li> <li>4. <b>Pie Comparison:</b> Purchase a frozen ready-to-bake pie and compare to your “scratch” pie using the criteria on page 58.</li> </ol> </li> <li>• Make at least one type of cream pie with meringue; evaluate your product with the judging sheet provided on page 46.</li> <li>• Make at least one type of fruit pie with a double crust; evaluate your product with the judging sheet on page 50.</li> <li>• Make at least one type of empanada or turnover; evaluate your product with the judging sheet on page 54.</li> <li>• Become involved in at least one Service/Leadership activity.</li> <li>• Complete at least one Career Exploration activity on page 19.</li> <li>• Give an oral presentation (speech, demonstration or illustrated talk) related to this project.</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> </ul>	<ul style="list-style-type: none"> <li>• Baking 4 Manual</li> <li>• ZSuites 4-H Project Record Book</li> <li>• ZSuites 4-H Involvement Report</li> </ul> <p>Plus <b>one</b> of the following:</p> <ul style="list-style-type: none"> <li>• One 8 or 9 inch fruit pie</li> <li>• Two fruit-filled empanadas or turnovers</li> <li>• Poster (14”x22”) or display about one of the experiments or activities you chose to complete (pages 26, 31, 35, or 37)</li> <li>• Include the recipe, neatly written or typed, on a 3”x5” or a 4”x6” recipe card.</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• A poster (14”x22”) or display illustrating what you learned in this project this year.</li> </ul> <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><b>County Requirements:</b> Check with your County Extension office for more information.</p>		
<p><b>Support Materials:</b> Idaho 4-H Baking page (and to download curriculum) visit: <a href="https://www.uidaho.edu/extension/4h/projects/baking">https://www.uidaho.edu/extension/4h/projects/baking</a></p>		