



Healthy Living

BAKING LEVEL 3

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Baking 3 Manual</i> (#ND EC113)  2018 • <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 3 Manual</i> (#ND EC113)  2018 	<p>In the member's Baking 3 manual:</p> <ul style="list-style-type: none"> • Review the Teen Health and The Goodness of Bread sections. • Make at least one loaf of Fast French Bread. • Make at least one type of bread rolls. • Make at least one type of yeast bread; evaluate your product with the judging sheet provided on page 27. • Make at least one type of microwave bread. • If equipment is available, make at least one type of bread with a bread machine. • 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 3 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report • Plus one of the following: <ul style="list-style-type: none"> ○ Fast French Bread (one loaf) ○ Three basic yeast rolls, any shape ○ Three refrigerator rolls, any shape ○ White wheat yeast bread (one loaf) ○ Dakota bread (one loaf) ○ Three bread sticks ○ Shaped bread, such as bears, lions or owls (one loaf) ○ Microwave bread (one loaf) ○ White wheat bread using bread machine (one loaf) ○ Whole wheat bread using bread machine (one loaf) • 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>		