Healthy Living

BAKING
LEVEL 4

Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
Youth Materials: • *Baking 4 Manual (#ND EC114)* 📖 *2018* • *ZSuites 4-H Involvement Report* • *ZSuites 4-H Project Record Book* **Volunteer Materials:** • *Baking 4 Manual (#ND EC114)* 📖 *2018*	In the member's Baking 4 manual: • Review the Eating Well and Cake Science sections. • Conduct at least one Cake Science experiment (page 10 and 11), record your findings and answer the questions in the manual about the experiment. • Make at least one yellow, sponge or oatmeal cake with frosting. • Make at least one cake using a packaged mix and compare with your "scratch" cake using the criteria on page 18. • Become involved in at least one Service/Leadership activity. • Give an oral presentation (speech, demonstration, or illustrated talk) related to this project. Complete the following: • *ZSuites 4-H Involvement Report* • *ZSuites 4-H Project Record Book*	• Baking 4 Manual • ZSuites 4-H Project Record Book • ZSuites 4-H Involvement Report Plus **one** of the following: • Frosted yellow cake • Frosted or unfrosted sponge cake • Frosted or unfrosted oatmeal cake • Include the recipe, neatly written or typed, on a 3"x5" or a 4"x6" recipe card. **OR** • A poster (14"x22") or display illustrating what you learned in this project this year. *Note:* Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.

County Requirements:
Check with your County Extension office for more information.

Support Materials:
Idaho 4-H Baking page (and to download curriculum) visit:
https://www.uidaho.edu/extension/4h/projects/baking