



**Enroll in ZSuite Under this Project Name:** FOOD-SATISFY YOUR SWEET TOOTH-Sugar

*Approved for 2024-25 Project Year*

**Project Description:** Learn how to make a variety of sweet treats while experimenting with one of the most versatile kitchen staples – sugar!

**REQUIRED YOUTH CURRICULUM**

[Satisfy Your Sweet Tooth: The Science of Sugar project manual](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

**REQUIRED VOLUNTEER CLUB LEADER CURRICULUM**

[Satisfy Your Sweet Tooth: The Science of Sugar project manual](#)

**SUPPLEMENTAL RESOURCES**



## PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least one (1) Chemistry experiment from your project manual each year. Answer the reflection questions at the end of each experiment.
	Complete at least one (1) Research & Development experiment from your project manual each year. Answer the reflection questions at the end of each experiment.
	Complete at least four (4) Confections experiments from your project manual each year. Answer the reflection questions at the end of each experiment.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

ADDITIONAL LOCAL REQUIREMENTS	

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Supplemental forms or materials required at the county level, submitted to the county Extension office by date specified
	Completed Satisfy Your Sweet Tooth: The Science of Sugar project manual
	<u>ONE</u> of the following exhibits. <ul style="list-style-type: none"> <li>• One type of confection prepared by the 4-Her.</li> <li>• A display (12" x 12" x 12") showing the 4-Her completed each of the required experiments.</li> </ul>

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