



Enroll in ZSuite Under this Project Name: FOOD-BAKING-Level 1

Approved for 2023-24 Project Year

Project Description: Measure, cream, sift, mix, cut, fold, beat and bake your way to delicious baked goods! Youth will learn to read and follow recipes, explore baking ingredients, equipment, and techniques, and troubleshoot baking problems.

REQUIRED YOUTH CURRICULUM

[Beginning Baking 1 Manual](#) (#ND EC111), 2020

[ZSuite 4-H Involvement Report](#)

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

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Beginning Baking 1 Manual](#) (#ND EC111), 2020

SUPPLEMENTAL RESOURCES

[Make Half Your Grains Whole Grains tip sheet](#) (English and Spanish available)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Review the Eating Well and Getting Ready to Bake sections with your project leader.
	Make baking powder biscuits. Evaluate your product using the judging sheet provided on page 15.
	Make at least one type of muffin\ . Evaluate your product using the judging sheet provided on page 19.
	Make at least one type of cookie. Evaluate your product using the judging sheet on page 28.
	Complete at least one service/leadership activity.
	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"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

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 Baking 1 Manual
	ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. <ul style="list-style-type: none"> • Three biscuits • Three plain muffins • Three chocolate chip cookies • Three round sugar cookies, plain, un-iced. • Three oatmeal cookies • Three peanut butter cookies • A poster or display (14" x 22") illustrating what you learned in the project this year.
	Note: Recipes in which the finished product contains raw eggs or egg whites, cream cheese, whipped cream, or any other ingredients requiring refrigeration should not be exhibited.

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