



New Mexico 4-H Green Top Project Guide



New Mexico 4-H Is A Program of New Mexico State University's Cooperative Extension Service

**400.E-50
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New Mexico 4-H Baking I Project

The 4-H Baking I project is designed for the beginning 4-H baking member wishing to develop the skills necessary to produce a wide variety of basic baked products, including biscuits, muffins, pancakes, and cookies.

Materials Included In This Project

- New Mexico 4-H Baking I Project Book - 100.E-80 - 7280 (Revised 2000)
- New Mexico 4-H Baking I Record Form (Included in project book)
- New Mexico 4-H Baking I Green Top - 400. E-50 (N-99)

What You Will Learn

- The importance of bread in the daily diet as it relates to the Food Guide Pyramid.
- Steps necessary to prepare for baking.
- Basic kitchen and food safety practices.
- How to measure dry and liquid ingredients accurately.
- To identify basic kitchen equipment, while also learning how to properly use each piece of equipment.
- Definitions of basic baking terms.
- How to make:
 - Biscuits
 - Muffins and muffin variations
 - Pancakes
 - Cookies: Sugar
 - Chocolate Chip
 - Chocolate Drop
 - Oatmeal
 - Peanut Butter
- How to judge the quality of each product prepared.
- About jobs and careers in the food preparation field.

Getting The Most From Your Baking I Project

When you enroll in this project you should:

- Attend 4-H club meetings and baking project meetings.
- Give a demonstration to your club teaching others about baking basics.
- Keep a record of baked products made.
- Have photographs taken of you baking at home or at project meetings. These can be used in your record book at the end of the year.
- Consider participating in your county 4-H contests with a home economics or Favorite Food Show presentation, featuring one of the baked products from this project.
- Plan a community service project related to baking.
- Think of ways you can help your family when making baked products.
- Exhibit your baked products at your county fair or achievement day.
- Compile your 4-H record book, including your Baking I project records.

Additional Information

These are other publications that may be of help as you complete your project.

“In A Pinch Food Yields” – NMSU Cooperative Extension Service (CES) Guide E-132

“In A Pinch Ingredient Substitution” – NMSU CES Guide E-131

“Storing Food Safely” – NMSU CES Guide E-118

“High Altitude Cooking” – NMSU CES Guide E-215

Other 4-H Projects Related To Baking I

If you enjoyed the Baking I project, you may want to consider enrolling in a related project next year. Why not try one of the following projects!!

Baking Make other cookies, quick breads, cakes, and yeast breads.

Cultural Education.. Make food items such as flour and corn tortillas, cookies, or sour dough biscuits in the NM Flavor project series.

Clothing..... Sew a cobbler’s or chef’s apron for use in the kitchen.

Dairy Foods..... Learn to make dairy foods such as butter, buttermilk cornbread, hot cocoa and spiced milk.

Food and Nutrition.. Make other types of foods and learn about proper nutrition.

Food Preservation.. Learn how to freeze, can or dry foods; make jam and jelly.

Leadership Teach by example and help others with their projects.