



New Mexico 4-H Green Top Project Guide



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

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New Mexico 4-H Baking II Project

The 4-H Baking II project is designed for the 4-H baking member who is continuing to develop skills in measuring, mixing, preparing, and baking basic quick breads and cookies. In this project you will learn how to make quick loaf breads, coffeecake, cornbread, gingerbread, and a variety of cookies.

Materials Included

- New Mexico 4-H Baking II Project Book- # 100.E-82 (Revised 01)
- New Mexico 4-H Baking II Record Form (Included in the project book)- #300.E-82
- New Mexico 4-H Baking II Green Top- #400.E-82

What You will Learn

- More about different ingredients used in baking.
- Kitchen safety and food safety practices.
- To identify and properly use basic kitchen equipment.
- Definitions of basic baking terms.
- How altitude can affect baked products.
- How to make equivalent measurements when necessary.
- How to make:
 - Quick loaf breads: Nut Bread
Banana Nut Bread
Zucchini Bread
Quick Coffeecake and Fruit-filled Coffeecake
Gingerbread
Cornbread
 - Cookies: Brownies
Butterscotch Bars
Jam Thumbprint
Brown Sugar Rounds
- How to judge the quality of each product prepared.
- About jobs and careers in the food preparation field.

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Getting the Most from Your Baking II 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 II 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

“High Altitude Food Preparation” (Pamphlet 41)- Colorado State University, CES

Other 4-H Projects Related to Baking II

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

Baking III.....Make a wide variety of yeast breads and cakes.

Pies and Pastries.....Learn the basics of making pastry for many types of pies.

Baking Self-Determined.....Set goals and plan a project of your choice related to baking.

Cultural Education.....Make food items such as flour and corn tortillas, cookies, or sourdough 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 foods and make jams and jellies.

Leadership.....Teach by example and help others with their projects.