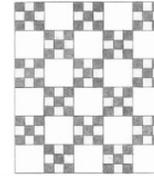
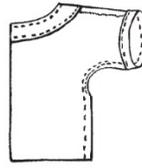




All About Discovery!
College of Agricultural, Consumer
and Environmental Sciences
Cooperative Extension Service
Extension 4-H Youth Development

Home Economics



4-H Baking I – Greentop

400.E-50 (R-18)



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.

What 4-H members 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.

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

Resources:

- Baking I Project Book – 100.E-80
- General Project Record Sheet 300.A-20 (R-18)

4-H Members 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.

Porter, 1999