

# BAKING Project – Baking 1

Member Name \_\_\_\_\_

Level (circle one): Junior (8-10) Intermediate (11-13) Senior (14-18) Years in Project \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (as of January 1) \_\_\_\_\_ \* Year \_\_\_\_\_

4-H Club \_\_\_\_\_

\* Please use a new check list each year.

Revised: 01/30/2017

✓	State and Owyhee County Requirements	Date Completed	Leader Initials
	Enroll at <a href="http://Idaho.4honline.com">Idaho.4honline.com</a> and pay enrollment fee to your leader before March 1; read and sign the Code of Conduct.	_/_/___	
	Give an oral presentation related to this project. This can be done on the club or county level. Check with your leader – this may be required by your club to be on the county level. Helpful information about giving an oral presentation is on our website.	_/_/___	
	Attend an acceptable safety and ethical practices activity. All youth are <b>REQUIRED</b> to complete an Ethics activity <b>each year</b> .	_/_/___	
	Participate in your club’s Community Service Project in Owyhee County.	_/_/___	
	Complete a 4-H Involvement Report (just one combined report for ALL projects) and include with your Project Record Book. You may start a new report or add to your report from previous years. A cumulative Involvement Report can be a useful tool in applying for jobs, scholarships and college.	_/_/___	
	Complete a 4-H Project Record Book. Form available online at <a href="http://owyheecounty.net/extension">owyheecounty.net/extension</a> or at the Extension Office. Information regarding what to include in your Record Book is also on our web site.	_/_/___	
	Complete this Project Check List and include it in your Record Book. It must be signed by Member, Parent, and Leader.	_/_/___	
	Sign up for a time (sign-ups are open June 15-July 15) and bring your completed Record Book to Interview Evaluation Day. It must be signed by Member, Parent, and Leader.	_/_/___	
	Display a non-perishable dessert you have learned about by taking this project. Include the recipe, neatly written or typed on a 3” x 5” or a 4” X 6” recipe card, OR Prepare a poster or display (14” x 22”) illustrating something you learned in this project this year. NOTE: Exhibits using raw eggs or egg whites, cream cheese, whipped cream or other ingredients that should be refrigerated should <b>not</b> be used.	_/_/___	
	Submit your entries for the Owyhee County Fair (entries open June 15 and close July 15). This is <b>REQUIRED</b> for you to participate at the Owyhee County Fair.	_/_/___	
	Complete seven activities for your project:		
	<b>ACTIVITY OR RECIPE COMPLETED</b>		
	Explore MyPlate	_/_/___	
	Learn the 10 nutrition tips for choosing whole-grain foods	_/_/___	
	Learn the 10 nutrition tips for enjoying your food, but eat less.	_/_/___	
	Learn and practice 10 food safety basics	_/_/___	
	Learn the 3 most common accidents that happen in the kitchen and how to avoid them.	_/_/___	
	Learn 8 basic tools for the kitchen and how to use them.	_/_/___	
	Learn 9 baking terms.	_/_/___	
	Bake 3 different flavors of biscuits.	_/_/___	
	Learn and practice judging biscuits.	_/_/___	
	Bake 3 different flavors of cookies.	_/_/___	
	Learn and practice judging cookies	_/_/___	
	Learn and practice judging muffins	_/_/___	
	Bake 3 different flavors of muffins.	_/_/___	

	ACTIVITY OR RECIPE COMPLETED	Notes	___/___/___	
	Learn the 5 most commonly used "equivalents"		___/___/___	
	Learn how to check your oven for temperature accuracy.		___/___/___	
	Complete "the Cook's Match-Up" (page 30)		___/___/___	
	Additional activities...		___/___/___	
			___/___/___	
			___/___/___	

I declare that the information in this book is correct and all 4-H requirements have been completed, to the best of my knowledge.

Member's Signature \_\_\_\_\_

Leader's Signature \_\_\_\_\_

Parent's Signature \_\_\_\_\_