

BAKING Project – Baking 3

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 Idaho.4honline.com 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 REQUIRED to complete an Ethics activity each year .	___/___/___	
	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 owyheecounty.net/extension 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 not be used.	___/___/___	
	Submit your entries for the Owyhee County Fair (entries open June 15 and close July 15). This is REQUIRED for you to participate at the Owyhee County Fair.	___/___/___	
	Complete seven activities for your project:		
	ACTIVITY OR RECIPE COMPLETED	Notes	
	Explore MyPlate	___/___/___	
	Review the 10 nutrition tips for enjoying your food, but eating less.	___/___/___	
	Review the 10 nutrition tips for choosing whole-grain foods.	___/___/___	
	Learn the purpose of yeast and why it is needed to make bread.	___/___/___	
	Learn and practice how to knead dough by hand.	___/___/___	
	Learn the proper environment for dough to rise.	___/___/___	
	Learn and practice how to test dough to see if it has risen enough.	___/___/___	
	Learn and practice 2 ways to change the outcome of a loaf of French bread.	___/___/___	
	Bake 3 different loaves of bread.	___/___/___	
	Bake basic yeast rolls and shape them 4 different ways.	___/___/___	
	Learn and practice judging traditional yeast bread.	___/___/___	

	ACTIVITY OR RECIPE COMPLETED	Notes	Date Completed	Leader Initials
	Prepare, shape and bake bread in the shape of an owl, bear or lion.		___/___/___	
	Practice kneading dough with a food processor or electric stand mixer.		___/___/___	
	Learn and practice the "Frozen Dough Method"		___/___/___	
	Learn 4 different methods of making dough.		___/___/___	
	Complete the "Science in Bread making" experiment (page 29)		___/___/___	
	Bake bread in the microwave and compare to bread baked in a conventional oven.		___/___/___	
	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 _____