



4-H CAKES

Project Overview

The 4-H Cakes project is designed for 4-H members who has mastered the Baking I and II series. In this project, members will explore the history of cakes, the science behind cake ingredients and the effects of high altitude involved in baking cakes here in New Mexico.

Key Learning Topics

- How cakes have evolved throughout history.
- Cake ingredients and how they affect the finished product.
- About techniques, tips, and equipment that will result in successful cake baking.
- How altitude affects cake baking.
- To identify corrective measures to problems you may experience when baking cakes.
- To prepare butter, sponge, specialty and "everyday" cakes.
- To prepare frostings and frost layered cakes.

Expanding the Project

- Give a demonstration at a club meeting
- FCS Skill A Thon Contest
- FCS Bowl
- Favorite Foods
- State 4-H Food Challenge

Resources

- Baking I and II
- 4-H Cakes R-2008
- "High Altitude Cooking" – NMSU CES Guide E-215
- Food Project Record Sheet 300.A-20 (R-18)

Exhibit Guidelines

Exhibits should be made according to project recipes

- One 8" or 9" Round One-Layer Yellow Cake, unfrosted
- White or Yellow Two Layer Cake with Butter Cream Frosting
- Chocolate Two Layer Cake with Chocolate Butter Cream Frosting
- Sponge Cake – unfrosted
- Angel Food Cake – unfrosted
- Pound Cake – unfrosted
- German Chocolate Cake
- Jelly Roll
- Apple Bundt Cake – unfrosted

Targeting Life Skills:

- Wise use of resources
- Planning and organizing
- Goal setting
- Critical thinking
- Problem solving
- Decision Making
- Healthy Lifestyle Choices
- Self-esteem

