



BAKING

I

Project Overview

Baking I is to help first-year baking members learn baking basics, nutrition, measuring and kitchen safety. The project is organized to cover one topic or food at each club meeting. You will learn the basics of baking by making cookies, muffins and bars.

Key Learning Topics

- About MyPlate
- How to measure dry and liquid ingredients.
- Definitions of basic baking terms.
- Basic kitchen and food safety practices.
- How to make: biscuits, muffins, cookies, and brownies

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 Project Book R-22
- "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

- Three (3) Biscuits
- Three (3) Plain Muffins
- Three (3) Chocolate Chip Cookies
- Three (3) Ginger cookies
- Three (3) Snickerdoodles
- Three (3) Brownies (Size: 3"x3" squares)

Targeting Life Skills:

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

