



Enroll in ZSuite Under this Project Name: FOOD-BAKING-Level 3

Approved for 2023-24 Project Year

Project Description: Youth will learn how to bake and evaluate yeast breads.

REQUIRED YOUTH CURRICULUM

[Baking 3 Manual](#) (#ND EC113)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[Baking 3 Manual](#) (#ND EC113)

SUPPLEMENTAL RESOURCES

none

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. [Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Review the Teen Health and The Goodness of Bread sections.
	Make at least one loaf of Fast French Bread.
	Make at least one type of bread rolls.
	Make at least one type of yeast bread. Evaluate your product using the judging sheet provided on page 27.
	Make at least one type of microwave bread.
	If equipment is available, make at least one type of bread with a bread machine.
	Complete at least one service/leadership activity.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed Baking 3 Manual
	ONE Of the following exhibits. All baked goods exhibits should include the recipe, neatly written or typed on a 3"x5" or 4"x6" recipe card. <ul style="list-style-type: none"> • Fast French Bread (one loaf) • Basic yeast rolls OR refrigerator rolls (3 rolls, any shape) • White wheat yeast bread (one loaf) • Dakota bread (one loaf) • Three bread sticks • Shaped bread, such as bears, lions or owls (one loaf) • White wheat OR whole wheat bread using the bread machine (one loaf) • A poster or display (14" x 22") illustrating what you learned in the project this year.
	Note: Recipes in which the finished product contains raw eggs or egg whites, cream cheese, whipped cream, or any other ingredients requiring refrigeration should not be exhibited.

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