



**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



## 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"> <li>• Junior: 5-8 minutes</li> <li>• Intermediate: 8-10 minutes</li> <li>• Senior: 10-12 minutes</li> </ul>

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"> <li>• Fast French Bread (one loaf)</li> <li>• Basic yeast rolls OR refrigerator rolls (3 rolls, any shape)</li> <li>• White wheat yeast bread (one loaf)</li> <li>• Dakota bread (one loaf)</li> <li>• Three bread sticks</li> <li>• Shaped bread, such as bears, lions or owls (one loaf)</li> <li>• White wheat OR whole wheat bread using the bread machine (one loaf)</li> <li>• A poster or display (14" x 22") illustrating what you learned in the project this year.</li> </ul>
	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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