



4-H BREADMAKING PROJECT



In this project, youth learn about foods by partnering with adults in the kitchen to plan and create breads. Explore the science, nutrition and history of breadmaking while promoting nutrition and resource management. Breadmaking includes making items such as scones, muffins, bagels, pizza crusts, pancakes, waffles, tortillas, naan and much more!

- Learn how to select, prepare and store bread products.
- Increase knowledge and appreciation of bread in history, customs, seasonal holidays and practices of people in other cultures.
- Discover the health benefits associated with the ingredients in bread.

4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

Starting Out *Beginner*

- Explain the different methods for measuring wet and dry ingredients.
- Demonstrate how to proof yeast.
- Compare the costs of store-bought and homemade bread.
- Learn how to safely use an oven and handle hot pans.
- Determine the nutritional value of bakery items by reading nutrition labels.
- Tour a bakery/interview a professional baker.
- Review food menus and identify bread options.

Learning More *Intermediate*

- Explain the difference between a yeast and quick bread.
- Identify how to safely store bread using various methods.
- Research the nutrients in bread and how they affect your body.
- Make three different breakfast breads.
- Alter a recipe to make it more healthful.
- Plan and create a recipe that includes bread.
- Learn how to make gluten-free bread.

Exploring Depth *Advanced*

- Identify key ingredients in most bread recipes and their purpose.
- Understand the health risks caused by food contaminants.
- Create a personal file of at least 25 bread recipes.
- Give a prepared bread-related talk to a group outside of 4-H.
- Explore careers in the bakery industry.
- Experiment with healthful whole grain options.
- Make your own flour by grinding wheat berries.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Healthy Living

- Bake whole-grain bread and showcase the health benefits during a 4-H presentation or exhibit.
- Create a chart depicting the nutritional value and serving size of common breakfast breads such as English muffins, pancakes, donuts, cinnamon rolls and more.
- Experiment with adding dried fruits, nuts, oats, flaxseed and oils to your bread recipe.

Science, Technology, Engineering, and Mathematics

- Research the role of fat in baking and experiment using different types of fat or oil (e.g., margarine, olive oil, butter, vegetable oil) in a recipe.
- Determine the different types of grains used in baked products (e.g., oats, wheat, rice flour, flaxseed) and create a presentation that follows one grain from farm to fork.

Citizenship

- Bake breads from different parts of the world to develop an understanding and appreciation for a variety of cultures. Breads may include pita, flatbread, crepes, tortillas and more.
- Volunteer your knowledge and skills to bake healthy food for a family in need or donate your baked goods to a food pantry.

Leadership

- Share your knowledge and suggest simple changes that will help your family, friends or 4-H members eat healthier.
- Help plan and prepare a meal that includes whole grain bread for your family.
- Serve as a role model for others by taking the position of snack coordinator for your club.

Resources

- Book: *Bread, Bread, Bread* by Ann Morris
- Book: *Sunset Breads, Step-by-Step Techniques* by Sunset
- Book: *Pillsbury's Bake Off Breads Cook Book* by Pillsbury Editors
- The Science of Yeast
www.redstaryeast.com/science-yeast
- Northwest Sourdough
www.northwestsourdough.com
- Whole Grains Council
www.wholegrainscouncil.org
- MyPlate
www.myplate.gov
- Bread World
www.breadworld.com
- Fleischmann's Yeast
www.fleischmannsyeast.com
- Bread Recipes
www.cookingbread.com
- Oregon Trail Bread
bread.com
- Sourdough Home
www.sourdoughhome.com
- Home Baking Association
www.homebaking.org

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events

Presentation Days – Share what you've learned with others through a presentation.

Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as favorite foods day, a food fiesta, or nutrition and consumer science field day.

Curriculum

- Bread Baking Basics
4h.wsu.edu/em2778cd/pdf/em4759.pdf
- Rising to the Occasion: A 4-H Leader's Guide
www.msuetension.org
- Bread and Little Hands: 4-H Teacher/Leaders Guide - Check with your county UC Cooperative Extension office

4-H Record Book

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit <http://ucanr.edu/orb/>

