Breads Project Brief

Learning Objectives
- Learn about and practice bread making; kneading and shaping dough; bread making "do's" and "don'ts"
- Judge quality of breads made
- Learn how to measure ingredients
- Identify bread nutrients
- Learn about and practice baking with yeast
- Learn about and use bread baking tools and equipment

Fair Projects
- Bread products
- Assemble and label bread baking kit
- Poster - how to make substitutions in a recipe
- Poster - guidelines for purchasing baking supplies
- Poster - how to select kitchen tools and pans to prepare different breads

Demonstration Ideas
- Demonstrate tips and techniques for making bread
- Proper measuring of dry & liquid ingredients
- Make a bread product
- Decorating Breads (Shaping Loaves)
- Demonstrate how to use a pastry cloth

Field Trips
- Commercial bakery
- Grocery store - prices/quantities
- Food bank - see how breads and other foods are made available to those in need
- Farm - wheat, oat, corn and other crops used for baking
- Job shadow a professional baker

Ideas for Speech Topics
- Different flours and their benefits
- Different types of breads
- Role of breads in a healthy diet
- Parts of a wheat kernel
- Guidelines for purchasing baking supplies
- Bread storage
- Freezing/defrosting techniques

Critical Thinking
- Why are the ingredients in bread important for good health?
- Why is whole grain better for a healthy diet than regular white bread?
- Why are cooking temperatures important?
- When dough rises why does it need to be in a warm, draft-free place?
- Why is it important to mix all of the dry ingredients together in a bowl and all the liquid ingredients together in a different bowl before adding them all together?

Community Service
- Prepare bread for a family or community event
- Host a dinner party for friends
- Make bread for a neighbor
- Volunteer at a bakery
- Volunteer at a grocery store
- Volunteer at a food bank
- Organize a food drive

Science & Technology
How have you used science and technology in this project area?
Examples:
- Learn about measuring
- Learn how yeast dough rises
- Learn about differences in flour
- Learn about oven temperature and heating
- Understand the effects of baking ingredients on yeast growth
- Learn how to preserve, freeze and defrost bread
Show Me Character

Trustworthiness - includes honesty, promise keeping and loyalty.
- Tell the truth and take credit for the foods you make
- Always deliver foods you’ve promised to someone on time
- Use health and safety precautions when baking and remember that it’s ok to start over if you make a mistake

Respect - includes courtesy and proper treatment of people and things.
- Be accountable to your project group, leader and self
- Look at recipes and change them if you are cooking for someone with food allergies
- Always try to better your skills- try new things!
- Try foods from different cultures, even if they are not something you would usually eat

Responsibility - includes the pursuit of excellence, accountability and perseverance.
- Learn about ways you can keep your body healthy
- Understand the importance of following recipes and measuring correctly
- Don't rush- give yourself plenty of time to make your project

Fairness - involves consistently applying rules and standards appropriately for different age groups and ability levels.
- Allow everyone time to use materials and workspaces
- Don't judge people based on their products, only judge them on their character
- Be tolerant if something doesn't turn out the way you expected

Caring - promoting the well being of people and things in a young person’s world. It denotes action and not just feelings.
- Accept judges’ decisions
- Share your goods with others
- Show others you are concerned with their health and nutrition

Citizenship - includes making the home community and county a better place to live for themselves and others.
- Volunteer to donate your skills and products at community functions
- Plan events that showcase your talents and provide treats to others
- Learn about poverty and how you can impact others

Show Me Standards
Missouri 4-H members will acquire the knowledge and skills to gather, analyze and apply information and ideas, communicate effectively, recognize and solve problems, make decisions and act as responsible members of society.

4-H members will acquire a solid foundation which includes knowledge of:
- Mathematics- geometric and spatial sense involving measurement
- Science-properties and principles of matter and energy
- Health/Physical Education- consumer health issues

Resources

581 Breads Unit 1
Y620  4-H Project Record
Y5801 Bread Baking Basics
LG5801 Bread Baking Basics

582 Breads Unit 2
Y620  4-H Project Record
Y5811 Exploring the World of Yeast Breads
LG5811 Exploring the World of Yeast and Specialty Breads

583 Breads Unit 3
Y620  4-H Project Record
Y5821 Exploring the World of Specialty Breads
LG5811 Exploring the World of Yeast and Specialty Breads
Judging Baked Products available at 4h.wsu.edu/em2778cd/pdf/em4748.pdf

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