



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 cru84.cahe.wsu.edu/cgi-bin/pubs/EM4748.html

To Order

Extension Publications online at <http://extension.missouri.edu/explore/shop/> or by phone at 1-800-292-0969
For additional resources check with your local University of Missouri Extension Center or www.4-hmall.org/