

Foods #TCDProjectChallenge Instructions:

- Read through the Lesson Plan.
- Complete the challenge.
- Fill out the Lesson Worksheet (include circling your age level, Before and After Self-Evaluation, Life Skills Learned, Leadership (if applicable), Evaluation, Citizenship, Signature and Date).
- Take a picture during some part of your Challenge.
- Email your challenge picture and a picture of the front and back of your completed Lesson Worksheet to pmaddy@ksu.edu or text it to 785-877-7262.
- Challenge pictures will be posted (not the worksheet pictures) on our respective county 4-H Facebook pages and our Twin Creeks District Facebook page.
- Your name will be entered into a drawing for a project prize that will be given at our 2020 Achievement Banquet next fall.
- Each time you complete a challenge, your name will be entered into a drawing for that project area.
- You can complete any and all challenges, even if you are not enrolled in 4-H or in that specific project area.
- Challenges are divided into three age groups -- 7 to 9, 10 to 13, and 14 and up.
- Pictures of your challenge and lesson worksheets are due by the last day of the month, February 29, 2020.**
- Printed copies of the challenge can be picked up at your local Extension Office.
- Do not hesitate to contact me if you have any questions (pmaddy@ksu.edu or 785-877-5755 or 785-877-7262). I am excited to see your pictures and what you learn through these challenges.

Foods: *Desserts*

Age 14 & up:

Apple Pie

Time:

*40 minutes to prepare
plus 40 minutes
to bake*

Goal:

*How to make a
two crust fruit pie.*

Self-Evaluation BEFORE: Using the rating scale below, answer the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

I know how to...

- Slice apples safely.....1 - 2 - 3
- Cut fat into flour.....1 - 2 - 3
- Avoid spreading germs while I am cooking.....1 - 2 - 3

Ingredients: *(Example)*

See recipe for two-crust pastry and apple pie recipe.



#TCDDProjectChallenge

Instructions:

When we think of February, one of the first things we think of is Valentine’s Day — a day that we share cards and sweets with one another. As we all know, sweets are a sometimes food, but that doesn’t mean that we can’t enjoy them sometimes.

For your challenge this month, you will be making an Apple Pie.

Please read the enclosed information before making this recipe that is not only fun to make, but fun to share with others.

NOTE: I have included a self-evaluation to help you know what judges would be looking for if you would bring a pie to the fair.

For an extra challenge—Compare the cost of making a pie vs. purchasing a pie of similar size from your local grocery store.

Tips & Tricks:

- Read all the enclosed materials and understand the directions.*
- Make sure you have all needed ingredients before starting.*
- Wash your hands with soap and water before starting.*
- Have fun and enjoy!*

Foods: *Desserts*

Age 14 & up:

Apple Pie

Life Skills Learned:

(Check all that apply.)

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

Self-Evaluation AFTER: Using the rating scale below, answer the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

I know how to...

- Slice apples safely.....1 - 2 - 3
- Cut fat into flour.....1 - 2 - 3
- Avoid spreading germs while I am cooking.....1 - 2 - 3

Resources:

*4-H Cooking 401
University of Illinois*

#TCDProjectChallenge

Evaluation:

Why is cooking an important skill to have? _____

How can you use the skill that you learned in the future? _____

What was the hardest part of the activity? _____

Share:

- Share your pie with others.
- Teach someone else how to make a pie.
- Other _____

Member's Signature

Date

Patsy L. Maddy, 4-H Youth Development Agent
 Jenilee Godsey, Youth Ag - Alyssa Rippe-May, Livestock/Horticulture
 Keith VanSlike, Ag & Natural Resources - Karen Shepard, FCS
 Stacy Brown, Director & FCS



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