



#TCDProjectChallenge

Foods: *Making Bread*

Age 7 to 9:

Cornbread

Age 10 to 13:

White Batter Bread

Age 14 & up:

Oatmeal Bread

Goal:

Learn the basics of bread making.

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...

Break an egg.....1 - 2 - 3

Follow recipe directions.....1 - 2 - 3

Avoid spreading germs while I am cooking.....1 - 2 - 3

Ingredients: *(Example)*

Read your recipe all the way through before starting to make sure you have all the needed ingredients and equipment.

Instructions:

Ages 7 to 9

Read pages 28 and 29

Prepare the Cornbread recipe —page 56

Rate your cornbread—page 57

Ages 10-13

Read pages 21-26, and 29

Prepare the White Batter Bread recipe on page 46

Evaluate your bread —page 30

Ages 14 and up

Read pages 21-29

Prepare the Oatmeal Bread recipe on page 25

Evaluate your bread—page 30

All—Troubleshooting Problems (page 31) is available to help you solve any problems with your product.

Tips & Tricks:

Read the suggested materials mentioned above. This will help you have a much better product!

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Evaluation: *(Three leading questions that help members express their experience.)*

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? _____

Life Skills Learned:

(Check all that apply.)

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

Share:

- Shared my bread with a neighbor/friend
- Share what you have learned with someone else
- Shared my bread with a Long Term Care resident
- Other _____

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...

Break an egg.....1 - 2 - 3

Follow recipe directions.....1 - 2 - 3

Avoid spreading germs while I am cooking.....1 - 2 - 3

Member's Signature

Date

Resources:

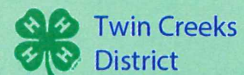
*4-H Cooking 101, 201, 301 and 401
University of Illinois*

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

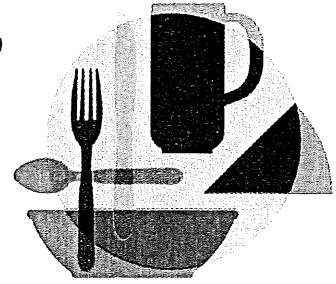
Stacy Brown, Director & FCS



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COOKING "How To" BASICS

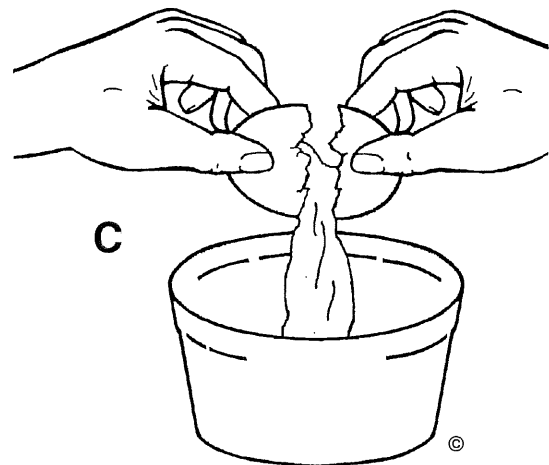
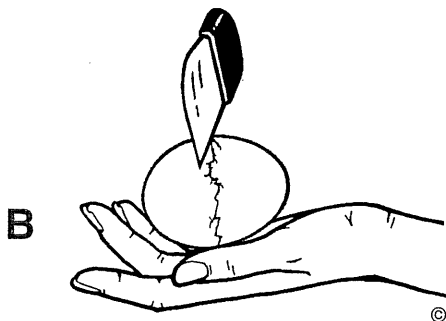
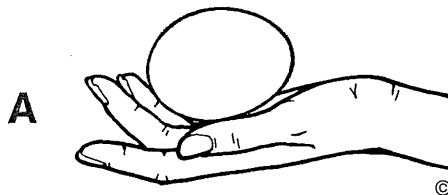


How to Follow a Recipe

1. Read the entire recipe first.
2. Wash and dry your hands.
3. Gather the ingredients for the recipe to be sure you have everything you need.
4. Gather the equipment you will need.
5. If needed, turn on the oven and set the temperature.
6. Prepare the pan, dish, or cookie sheet.
7. Follow the recipe step by step to measure, mix, and prepare the food.

How to Break an Egg

Hold the egg in one hand. Use the edge of a knife to lightly hit the egg and break the shell. Hold the egg over a small bowl and pull the shell apart. The egg will slide into the bowl. Check to see that the egg is good before you add it to your mixture. If the recipe calls for more than one egg, repeat this procedure.



How to Melt Fat

When a recipe calls for melted fat, such as margarine, butter or lard, measure it after melting. Using the microwave makes melting fat easy. Place the fat in a microwave safe bowl and cover with a paper towel or plate. Cooking time will vary depending on the amount of fat to be melted. Start with a few seconds and add more cooking time if necessary. Equal amounts of cooking oil can be substituted for melted fat.

How to Prepare a Pan

Lightly coat the pan with a small amount of cooking spray. Or use a paper towel or a piece of waxed paper to spread a small amount of cooking oil or fat over the bottom and sides of the pan. Do not coat the sides of the pan when baking a cake because cake batters need to cling to the sides of the pan while baking.

How to Flour a Pan

First, lightly coat the pan with non-stick cooking spray or shortening. Then place about 1 tablespoon of flour in the pan. Shake the pan until it is coated with the flour. Any flour that does not stick should be discarded. Recipes often call for flouring a pan when baking cakes or quick bread.

How to Use an Electric Mixer

Ask someone to show you how to use the electric mixer and how to insert and remove the beaters. Follow these safety rules when using an electric mixer.

- Lower the beaters into the food before turning on the motor.
- Turn off the motor when using a spatula or spoon to scrape down the sides of the mixing bowl.
- Turn off the motor before lifting the beaters from the food.
- Keep finger and utensils away from beaters when mixer is on.

How to Use the Oven

Some recipes tell you to preheat the oven. Turn on the oven as you begin preparing the recipe so it is at the correct temperature when the food is placed in the oven. Before you turn on the oven, position oven racks in the center of the oven. Food placed on lower or upper racks will cook unevenly. Leave enough space between



■ Cornbread

Yield: About 12 squares

Ingredients

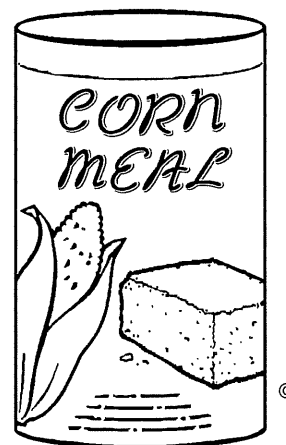
- 1 cup sifted all-purpose flour
- 3/4 cup cornmeal
- 1 teaspoon salt
- 2 1/2 teaspoons baking powder
- 1/4 cup granulated sugar
- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil

Equipment

- Non-stick cooking spray
- Flour sifter
- Waxed paper
- Measuring cups
- Spatula or knife
- Measuring spoons
- Mixing bowls, 1 large, 1 small
- Whisk or fork
- Mixing spoon
- Scraper
- Baking pan (8"x8" or 9"x9")
- Wire rack

Order of Work

1. Preheat the oven to 425 degrees F.
2. Lightly coat the baking pan with non-stick cooking spray, including the sides, or the cornbread will stick and won't come out easily.
3. Sift flour once; then measure it.
4. Combine flour, cornmeal, salt, baking powder, and sugar in large bowl and stir until well mixed.
5. Break the egg into the small bowl and beat with a whisk or fork.
6. Measure the milk and add it to the egg.
7. Measure the vegetable oil. Add it to the egg and milk.
8. Pour the egg-milk-oil mixture into the flour mixture and stir. Scrape sides of bowl. Then stir until barely mixed. (Batter will look lumpy.)
9. Put into the prepared pan. (Use the rubber scraper to get it out of the bowl.)
10. Put into the preheated oven.
11. Bake about 25 minutes. The cornbread is done when the top is a light, golden color, begins to pull away from the edge of the pan, and springs back when lightly touched.
12. Remove the cornbread from the oven using hot pads.
13. Cut into pieces while it is still in the pan.
14. Remove cornbread from pan using a spatula or turner. Serve warm.



CORNBREAD

How does your cornbread rate?

Look at the outside

- Is it almost even in thickness with a slightly rounded top (no humps, peaks, or cracks)?
- Is the crust thin and even?
- Is the cornbread an even, light color?

Look at the inside

- Does it have round, even cells and no tunnels?
- Does it have a tender, moist crumb (not dry or soggy)?

Now taste it

- Does it taste good?
- Does it have the flavor of well-blended ingredients with no taste of salt, soda, fat, or any other ingredient?

