

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 April 7th, 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.



#TCDProjectChallenge

Instructions:

Spring Break from school is happening the middle of March and Agents Karen Shepard and Patsy Maddy will be presenting Breads Workshops in each of the four Twin Creeks Extension District counties - Norton, Decatur, Sheridan and Graham.

To be entered for the drawing for the March Foods #TCDProjectChallenge, register for one of the Breads Workshops. Participation in the workshop will get your name in the drawing.

Try your skills at baking and identifying different types of breads. We will have printed worksheets for you at the workshop and will also take pictures for your project records that will be emailed to you after the workshop.

Lunch will be provided as the workshops will be held from 11:00 a.m. until 2:00 p.m.

We will also incorporate some type of community service project with our bread making event.

Check out the attached Breads Workshop Flyer and contact any of the Twin Creeks Extension District offices to register for the event. It's going to be a fun filled, tasty day!

Foods: Breads Workshop

Batter Bread, Quick Bread and Yeast Bread Recipes'

Circle Age Level:

- Age 7 to 9
- Age 10 to 13
- Age 14 and Up

Time: 3 hour workshop

Goal:

Learn the difference between batter bread, quick bread and yeast bread.

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...

- Test for doneness in a quick bread1 - 2 - 3
- Proof yeast1 - 2 - 3
- Identify which breads must rise before baking.....1 - 2 - 3

Ingredients:

Recipes and ingredients will be provided to make and bake a batter bread, quick bread and yeast bread at the Breads Workshop.

Information & Sign-Up Deadline: (See Attached Flyer)

- March 11 — Oberlin, FACS Room at DCHS
RSVP by March 9th
- March 16 — Hoxie, Sheridan 4-H Building
RSVP by March 12th
- March 18 — Norton, Norton 4-H Building
RSVP by March 16th
- March 23 — Hoxie, Sheridan 4-H Building
RSVP by March 19th
- March 25 — Hill City, Graham 4-H Building
RSVP by March 23rd

#TCDProjectChallenge

Foods: Breads Workshop

Batter Bread, Quick Bread and Yeast Bread Recipes'

Circle Age Level:

- Age 7 to 9
- Age 10 to 13
- Age 14 and Up

Life Skills Learned:

(Check all that apply.)

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

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...

- Test for doneness in a quick bread1 - 2 - 3
- Proof yeast1 - 2 - 3
- Identify which breads must rise before baking.....1 - 2 - 3

Evaluation

What is the main difference between a quick bread and a yeast bread?

What methods can be used to check whether breads are baked completely? _____

What was the hardest part of the activity? _____

Share:

- Share bread loaves with elderly or next door neighbor.
- Share what you have learned with one of your friends and encourage them to try it.
- Other _____

Member's Signature

Date

Resources:

4-H Cooking 101 - 301
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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◆ Rolled Biscuits

Yield: 12 biscuits

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
3/4 teaspoon salt
1/3 cup butter or margarine, chilled
3/4 cup low-fat milk
Extra flour for kneading

Equipment

Flour sifter
Mixing bowl
Measuring cups, dry and liquid
Measuring spoons
Pastry blender or fork
Baking sheet
Biscuit or cookie cutter

Order of Work

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add baking powder and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with the fork or pastry blender until well mixed.
4. Make a hole in the center of the flour. Slowly add milk and stir, using just enough to make dough soft but not sticky. Stir just enough to wet the flour.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand, to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the biscuits tough.
6. Roll or pat dough to 3/4-inch thickness. Dip the biscuit cutter into the flour. Use the biscuit cutter to cut the dough or cut it into 2-inch squares with a knife. Place biscuits on ungreased baking sheet about 2 inches apart. Gather the dough scraps and reshape. Cut biscuits and add to baking sheet.
7. Bake about 10-12 minutes or until golden brown.

Nutrition Facts per Biscuit:

128 calories, 5 g fat, 331 mg sodium,
17 g carbohydrate, 1 g fiber,
3 g protein, 43 mg calcium.



JUDGING BISCUITS

To get the best looking and tasting biscuits, bake them on an ungreased baking sheet in an oven preheated to 450 degrees F. For a golden crust, use a shiny baking sheet. Dark baking sheets cause the biscuits to over-brown on the bottom.

If you like crusty sides, place the biscuits 1-2 inches apart. For soft sides, place them close together. Bake biscuits on the center rack of the oven for even browning.

How do your biscuits rate?

After baking your biscuits, use these questions to see if they look and taste the way they should. If you enter your biscuits in the fair, judges will evaluate your biscuits this way.

Look at the outside

- Is the top golden brown?
- Do the biscuits have a round, even shape?
- Are the biscuits about the same size?
- Do they have a smooth, level top?
- Are the biscuits too hard or too brown on the top or bottom?

Look at the inside

- Is the inside creamy white?
- Does the inside look moist rather than dry and crumbly?
- Is the biscuit light and flaky rather than hard and flat?
- Does the biscuit have a medium to fine grain and not too doughy?

Now taste it

- Does the biscuit have a pleasing flavor? It should not taste strongly of any one ingredient such as fat or baking powder.
- Does it taste as though it has baked for the right length of time?