

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 VanSkiike, Ag & Natural Resources - Karen Shepard, FCS
Stacy Brown, Director & FCS

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District

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Applesauce Muffins

Make this batter now - bake later!

Level: Easy

Serves 18

Kids' Tool Kit

- Muffin tin
- Electric mixer
- Mixing bowl
- Measuring cups
- Measuring spoons
- Knife
- Rubber spatula
- Spoon
- Hot pad
- Cutting board

Chef's Choice

- Applesauce Muffins
- Roast Beef
- Mashed Potatoes
- Green Beans
- Milk

Nutrition Facts

Serving Size 1 muffin (48g)
Servings Per Container 18

Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Cholesterol 10mg	4%
Sodium 130mg	6%
Total Carbohydrate 24g	8%
Dietary Fiber less than 1 gram	3%
Sugars 13g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%

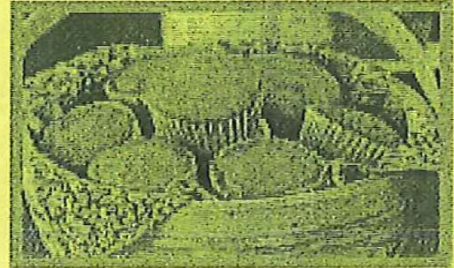
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,600
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 1/4 cup margarine
- 1 cup sugar
- 1 egg
- 1 1/2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 cups flour
- 1 1/4 cups applesauce



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of muffin tin with margarine or cooking spray.
2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.
3. Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Optional: Add 1/2 cup of diced apple or raisins to batter.



Helpful Hints: While an electric mixer makes mixing these muffins a quick task, they will turn out best if mixed by hand. Either way - by hand, or by mixer, it is important to remember that muffins are a "quick bread" and that means muffins or coffeecakes will come out best if not overmixed. Just lightly stir the ingredients together - so dry ingredients are barely moistened. The batter will still be slightly lumpy, and that's fine. Overstirring or mixing a quick bread will make the muffins tough. Sometimes kids who help in the kitchen really like to stir big and long - and there are good recipes for that - but when it comes to mixing muffins, less is more!



Safety Tip #1: Before children use an electric mixer, it is important that they are shown how to use it safely. Be sure they know how to safely plug in and unplug an electric appliance and that they can operate the mixer's control switch. It may take practice for a child to be able to scrape a mixing bowl with a rubber spatula and use the electric mixer. Encourage them to stop the mixer and scrape the bowl, then restart the mixer.

Safety Tip #2: Remember, this recipe and most batters contain raw egg. Don't lick the spoon or bowl, because the raw egg can make us sick - especially young children. Wait until the batter is baked; it's then safe to go ahead and enjoy!

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

MUFFINS

How do your muffins rate?

Look at the outside

- Are they a golden brown color?
- Are the tops gently rounded?
- Are the tops pebbly rather than smooth?

Look at the inside

- Is the texture slightly moist?
- Are they free from air tunnels?
- Is the texture uniform?
- Are they easily broken?

Now taste it

- Do they taste slightly sweet?

