

# YEAST BREADS ON THE RISE - 462

## Project Description:

*Yeast Breads on the Rise* is an advanced 4-H project (for 14 - 18 year olds) designed to promote yeast breads as part of a healthy diet and lifestyle. For additional information on what is included in this project, see page 5 of the project book.

This project can be taken for two years. The suggested recipes for the second year require more skill in shaping and preparing the breads.

## To Complete This Project:

Follow the guidelines listed on page 5 of the project book. Prepare at least 1 bread from each of the mixing methods. Complete at least 2 learning experiences & 2 leadership/citizenship activities.

## Judging of This Project:

Prepare one of the recipes from your project book (or a similar recipe - bring recipe with you to judging). Bring the entire dish and a serving utensil, if needed. **(Do not bring a table setting and centerpiece.)** You do not need to bring a menu. You will be given a menu activity to complete at the judging. Bring your completed project book. In addition to an interview with a judge, you will participate in several skillathon activities. A skillathon study guide for this project can be picked up at the Extension Office.

## Union County Fair:

Judging will be held Tuesday, July 22, in the Armory at the fairgrounds. See the schedule printed later in the summer for the exact judging time for this project.

## Richwood Fair:

Food and Nutrition Judging will be held on Thursday, August 28, in the East Arena. See the schedule printed later in the summer for exact judging time for this project.

## Ohio State Fair Opportunity

This project **Does** have the opportunity to be displayed at the Ohio State Fair in 2008. Any 4-H'er who wishes to compete for an opportunity to display this project at the Ohio State Fair must participate in judging at the Union County Fair, as described above. Union County representatives to the Ohio State Fair will be chosen as part of Union County Fair judging.