

LET'S BAKE QUICK BREADS

NUTRITION SKILL-A-THON STUDY GUIDE

Nutrition Skill-a-thon will take place at the fair. Check your yellow guideline sheet that you received with your project book for the exact day and date. Advisors will receive a detailed schedule of specific times for each project later in the summer.

Skill areas in which youth will participate are based on information from their project book. Activities will evaluate consumer skills, lifestyle (table setting, fitness, manners), meal management, safety, nutrition, and preparation skills.

This guide gives information about the stations that will be included in the nutrition skill-a-thon.

1. Each participant should bring a food prepared from a recipe in the project book, a serving utensil, if needed, and completed project book.
2. Participants will have an interview with a judge to discuss their project and will have 5 questions to answer (based on information from the project book) and a menu/MyPyramid activity to complete.
3. There will be 3 skill areas for members to demonstrate what they have learned from the project. Some members will be interviewed first and then complete the skills, others will complete the skills first.
4. Please arrive 10 to 15 minutes prior to your scheduled judging time to register. A Polaroid picture will be taken of each member with their food when they set it up for the judge. (Please do not bring table setting and centerpiece. You will not be allowed to use them.) Photographs will be displayed in the Armory to represent the nutrition projects.
5. Ribbons and vouchers will be presented as each 4-H'er completes the skill-a-thon. Awards will be announced at the 4-H Awards Ceremony near the end of fair week. (See the fair schedule for specific day and time.)

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1. Which food group is bread in? What counts as a serving? (Page 7)
2. What are four common pantry pests? How can you get rid of them? (Page 16)
3. What does enriched mean? (Page 12) How can you make all purpose flour into self-rising flour? (Page 15)
4. What is the difference between a simple and a complex carbohydrate? (Page 12)
5. What is self-rising flour? (Page 14)
6. What is a leavening agent? (Page 15)
7. What does fat do as an ingredient in bread? (Page 15)
8. What is an advantage of storing quick breads in the refrigerator? What is a disadvantage? (Page 18)
9. What is the muffin or stir method of mixing? (Page 19)
10. What is the biscuit or knead method of mixing? (Page 19)
11. What happens when quick breads are over mixed? (Page 19)
12. When using a glass baking pan, what adjustment should be made to the oven temperature? (20)
13. How should flour be stored (Page 16)
14. Be able to identify the parts of a grain? (Page 11)
15. Be able to demonstrate how to knead biscuit dough and know how long it should be kneaded. (Page 24)
16. Be able to evaluate muffins and biscuits. (Page 24)
17. Know emergency substitutions on page 17.
18. Know points to consider when selecting a baking pan (page 20)
19. What are the nutrients found in wheat and what are their functions? (Page 12)
20. What are some of the benefits of exercise? (Page 13)
21. Know the food group that each color stripe on MyPyramid represents and be familiar with the information on the fronts and backs of the MyPyramid mini poster, worksheet and What's the Right Amount of Food for Me?