

Yeast Breads on the Rise - 462

Project Description:

Yeast Breads on the Rise is intended for members of any age with substantial experience in food preparation and nutrition. *It is* designed to promote yeast breads as part of a healthy diet and lifestyle. This project can be taken for two years. The suggested recipes for the second year require more skill in shaping and preparing the breads.

First Year Project

To Complete this Project:

- Step 1: Complete all 10 activities including all recipes
- Activity 1 – Food Guide Pyramid (Use MyPlate information on pages 8 – 11)
 - Activity 2 – Ingredients in Bread Products (Pages 13 – 15)
 - Activity 3 – Career Options (Page 16)
 - Activity 4 – Methods of Mixing Yeast Breads (Pages 17 – 18)
 - Activity 5 – Bread Dough Basics (Pages 19 – 22)
 - Activity 6 – Traditional Method (Use recipes on pages 25 & 27)
 - Activity 7 – Sponge Dough Method (Use recipe on page 28)
 - Activity 8 – Batter/No Knead Method (Use recipes on page 29 & 30)
 - Activity 9 – Mixer Method (Use recipe on page 31)
 - Activity 10 – Bread Machine Method (Use recipes on page 32 & 33)

Step 2: Take part in at least 2 learning experiences

Step 3: Become involved in at least 2 leadership/citizenship activities

Step 4: Create a portfolio using a 3-pronged folder that includes 8 ½" x 11" pages. The participants will create a **maximum** of one page per "activity area" as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. **However, photographs are highly recommended as a way to show and explain what you have learned.** Each page could be different or could be a combination of styles providing the 4-H'er reflects on their learning experience. **There will be no points during county judging for scrapbooking style.**

Step 5: Complete a project review including your portfolio. If you choose not to participate in judging at the fair, make arrangements to discuss and review completion of your project with your advisor.

Second Year Project

To Complete this Project:

Step 1: Review what you completed in the first year.

- Prepare a minim of 6 advanced recipes. (At least 3 must be from the project book and 3 recipes can be selected on your own.)
- Use at least 2 different mixing methods. Recipe from the book can be found on pages 42 – 54. Your recipes need to be recorded on pages 55 – 59

Complete the "Second-Year Project Summary Chart" for each product you complete. You may add additional pages, if needed.

Step 2: Take part in at least 2 additional learning experiences

Step 3: Become involved in at least additional 2 leadership/citizenship activities

Step 4: Create a portfolio using a 3-pronged folder that includes 8 ½" x 11" pages. The participants will create a **maximum** of one page per "activity area" as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. **However, photographs are highly recommended as a way to show and explain what you have learned.** Each page could be different or could be a combination of styles providing the 4-H'er reflects on their learning experience. **There will be no points during county judging for scrapbooking style.**

Step 5: Complete a project review including your portfolio. If you choose not to participate in judging at the fair, make arrangements to discuss and review completion of your project with your advisor.

Judging of This Project:

Judging will consist of **three areas:**

1. Interview/Portfolio (50%) – You will share your completed portfolio*. The judge will review your portfolio and ask you questions about your learning activities.
2. MyPlate Activity (25%) – You will complete activities based on MyPlate information.
3. Completed Project Book Review (25%) – You will share your project book

Optional: Prepare one of the recipes from the project book and bring it for the judge to see.

Union County Fair:

Judging will be held with the Special Interest Projects on Wednesday – Friday immediately prior to the Union County Fair. You will receive a specific judging time from your advisor closer to judging.

Richwood Fair:

Food and Nutrition Judging will be held on Sunday prior to the Richwood Independent Fair at the same time as the Special Interest Project Judging.

Ohio State Fair Opportunity:

This project **Does** have the opportunity to be displayed at the Ohio State Fair. 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.