

# BREADS



## Step It Up!

Pass it on! Now that you know how, share it with others. Here are a few ideas on how.

### Communication

Present on the importance of eating whole grains, altering recipes to improve nutrition, and making healthy food choices.

### Citizenship

Volunteer your baking skills and products and see if they can be used for programs such as Meals on Wheels.

### Leadership

Demonstrate how to bake quick breads to a younger group of children.  
With your leader, help set up a local bakery tour for others who are interested in baking bread.

## Are You Into It?

The Breads project includes information on the types of ingredients, equipment, and methods used for youth to bake quick breads.

Understand the fundamentals of MyPlate and why grains have two subgroups rather than one.

Learn the nutrients of the wheat kernel and what each nutrient provides

- Understand the importance of all ingredients in a quick bread recipe
- Explain and demonstrate how to use the two best mixing methods
- Understand how to choose the correct baking equipment and how it affects the outcome of the bread
- Learn how to measure ingredients

## Grow In Your Project

### Starting Out Beginner

4-H Curriculum:  
Breads 1 (FN581)

### Learning More Intermediate

- Determine differences in quick breads made in two different pans.
- Identify the reasoning behind quick bread recipe instructions.
- Compare two quick bread recipes to determine which is most healthy.

### Advancing Horizons Advanced

- Determine how altering recipes can improve nutrition.
- Find someone who has the job you are interested in pursuing, interview this person, and identify the pros and cons of this position.



## College and Career Connections

To be a baker (or pastry chef), training may include the following:

- On the job training (no college is necessary) - experience is typically more important than educational level in this field
- Technical School training (1-2 years)
- Culinary Arts School
- Armed Forces

In addition to being a good baker or nutritionist, you should also have these personal qualities:

- Good communication skills
- The ability to listen without judging, share ideas, and help others
- Good writing and reading comprehension skills
- Be able to problem solve and think critically
- Be an active listener and learner
- Be organized
- Practice time management skills
- Be a team player
- Exhibit professionalism

## Exhibit Ideas

Create an educational poster on the health benefits of whole grain vs. white bread.

Create an educational poster on the tools needed to prepare quick breads.

Create a poster identifying the parts of a wheat kernel and which parts hold various nutrients.

Have a photo exhibit comparing bread appearance from the uses of different pans.

Assemble and label a quick bread making kit.

## Resources

### 4-H Resources

4-H Curriculum:  
Breads 1 - (FN581)

### Other Resources

[ChooseMyPlate.gov/healthy-eating-tips/ten-tips.html](http://ChooseMyPlate.gov/healthy-eating-tips/ten-tips.html)  
[Choosemyplate.gov/food-groups/grains-tips.html](http://Choosemyplate.gov/food-groups/grains-tips.html)  
YouTube.com for a kneading demonstration  
Heart.org for heart healthy recipes  
[Kingarthur.com/tips/quick-bread.html](http://Kingarthur.com/tips/quick-bread.html)  
[Marthawhite.com](http://Marthawhite.com)

### Record Keeping

4-H Project Record (Y620)  
Missouri 4-H Recognition Form  
Level 1 - (Y2000)  
Level 2 - (Y2100)  
Level 3 - (Y2200)