



BAKING & COOKING

4-H baking and cooking projects are designed to help you do fun experiments, prepare flavor-filled recipes and go on fact-finding missions; you'll have fun learning about food ingredients, food characteristics, and food safety.

SPARK IDEA

Measuring Ingredients

When you are a baker, you are a food scientist. Just like a scientist in a lab, we need to measure ingredients carefully and accurately. There are two kinds of measuring cups available: measuring cups for liquid ingredients such as water, and measuring cups for dry ingredients. It is important to use the correct measuring cup for the ingredient you are using. When measuring ingredients, do not measure over the mixing bowl. You could accidentally add unwanted, extra ingredients to your recipe.

Flour

- Stir the flour first. Flour can get “packed down” in the bag or canister.
- Using a spoon, fill the measuring cup with flour. Overfill the cup a little.
- Be sure you do not “pack” down the flour. You could have too much flour in your recipe if you do.
- Use the flat edge of a knife to scrape off the extra flour.

Liquids

- Place the liquid measuring cup on a flat counter or table.
- Fill to the mark for the amount of liquid you need. Bend down to check that the top of the liquid line is at the mark for the amount you need.
- Use measuring spoons to measure less than $\frac{1}{4}$ cup.

*Did you know? Cooks make more errors in measuring flour than any other ingredient. You can put as much as 50% more flour into a cup if it is packed rather than sifted or spooned.

OPPORTUNITIES TO EXPLORE

- Create a portfolio of your favorite recipes.
- Plan menus for a week, make a list, and go shopping.
- Meet others interested in baking and cooking.
- Learn to read food labels.
- Exhibit at the fair for judging and show what you have learned throughout the year
- Experiment with altering recipes and share results
- Make a recipe calendar for a gift. Include a recipe for each month

PROJECT LEVEL GOALS

Beginner

- Measure dry and wet ingredients
- Learn to prepare a daily and weekly menus
- Practice food and kitchen safety
- Learn about and prepare items from each food group
- Learn different kitchen tools and techniques

Intermediate

- Learn how to prepare and store foods safely
- Prepare items from MyPlate food groups
- Demonstrate a cooking skill to your club
- Complete food experiments
- Plan and complete a community service project.

Advanced

- Understand the scientific principles of nutrition.
- Acquire and demonstrate skills in planning, purchasing, preparing and serving nutritious meals.
- Prepare a taste test
- Try using new herbs and spices and create your own spice blend

CAREERS

Do you like experimenting with flavors? A chef, recipe developer, or food stylist might be for you! If you enjoy serving and helping others, you may want to consider being a restaurant owner, a food & nutrition educator, or a nutritionist or dietitian. Maybe the science of food interests you. If so, check out careers in food science, research, or taste testing!

SKILL DEVELOPMENT IN THE PROJECT

Building **Leadership & Service Skills**: take responsibility for preparing a family meal each week, plan and help prepare food for a special family event, create a club fundraiser around food or volunteer at a soup kitchen or coordinate meals for families in need

Polishing **Communication Skills**: teach friends how to make healthful snacks, tell your family about the importance of eating a variety of foods from all the food groups or even design a poster about kitchen safety

Learn about **Entrepreneurship**: create your own food preparation business, make and sell homemade candy for holidays and create a cookbook

Discover new **Technology Interests**: explore new kitchen gadgets and how they improve the kitchen experience, set up a virtual cooking show, or start a food blog

Engage in other **County, Regional, & State Events**: contact your NDSU Extension office for local workshops, activities and events, Communication Arts Contest – Food Demonstration, Project Expo, Farmer's Markets, local food cookoff

EXHIBIT IDEAS

portfolio or display on MyPlate, food safety, meal-times, or measuring basics - food labels - meal planning - outdoor cooking - party planning - making snacks - microwave cooking - baking treats or breads

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Find additional ideas in the Baking & Cooking Curriculum available at 4-H.org or 4-H.org/clover!