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The "Great 4-H Baking Show"

I might be late to the party, but my family and I recently started watching the ABC television show, "The American Baking Show". The show features skilled amateur Americans competing in baking challenges with one ultimately being crowned the winner. While I'm not a baker myself, I couldn't help but get sucked into this dramatic show. The bakers make extravagant creations, and sometimes there are undercooked cakes and crumbly cookies. Despite the failed recipes, they learn new skills and try flavor combinations I've never heard of. My family might be tired of me relating all things to 4-H, but this show immediately reminded me of our 4-H Foods and Nutrition project.

In 4-H Foods and Nutrition, members meet with a volunteer leader to learn the basic skills of cooking and baking. Whether it be measuring, reading recipes, or preparing meals, 4-H members gain essential confidence and cooking skills. Each year in August, these 4-H members have the chance to demonstrate their mastery of a particular food item at the county fair.

On the show, judges Mary Berry and Johnny Luzzi taste each of the baker's creations, carefully deciding on the best one. The expert judges look, smell, touch and taste the items and tell the bakers how they could improve them. This judging process is very similar to what happens at the county fair. Judges help 4-H'ers learn how to improve their baked goods, and give them praise for the things that they have done well. Ultimately, a "grand champion" item is chosen by these expert judges.

While "The Great American Baking Show" is a hit television show, our 4-H Foods and Nutrition program can bring the excitement of this show to life for Harvey County youth. In 2017, we look forward to offering 4-H Foods and Nutrition project meetings and continuing to develop the next "Great 4-H Bakers".