Read through the lesson plan.

Complete the Challenge.

Fill out the Lesson Worksheet (include before and after self-eval, life skills learned, evaluation, signature and date)

Take a picture during some part of your Challenge.

Email your challenge picture and a picture of the front and back of your completed lesson worksheet to aelpers@ksu.edu.

Challenge pictures will be posted (not worksheet pictures) to our respective Social Media accounts.

Your name will be entered into a drawing for a prize in July.

You can complete a challenge even if you are not enrolled in 4-H or in this specific project.

Challenges are divided into three age groups - 7-9, 10-13, & 14+.

Pictures of your challenge and lesson worksheets are due by July 20, 2020

Printed copies of the challenge can be found at the office.

Do not hesitate to contact me if you have any questions. I am excited to see your pictures and what you have learned by doing this challenge!
Harvey County Foods and Nutrition Challenge: Bread Edition

**Instructions:**

Summer is here and it is time to start practicing for your Foods and Nutrition Projects at County Fair. Besides getting the practice in, it is important to understand about quick bread and muffins.

There are a few things to keep in mind when making muffins or a quick bread. "Less is more", when it comes to how you stir them up. When it comes time to mix it all together, it will feel like it isn't mixed properly. But it is! You want those clumps. You do not want to overmix because then the muffins or quick bread can become tough.

Another thing to keep in mind is how judging will work. The judge will look at 3 of the muffins, comparing them together. The judge will look for a golden brown color, correct shape and smooth top. The judge will also look on the inside to see if they are moist, if there are air tunnels and how the texture looks. This is where a judge can tell if you overmixed it.

The last thing to remember when making muffins is to keep trying! Muffins can be hard to not overmix and have them turn out just right. Plus you will have extras to eat!

**Goal:** To learn how to make a batter bread, follow a recipe and test for doneness.

**Self-Eval BEFORE:**
Using the rating scale, answer the following statements.

1 = not at all  
2 = a little  
3 = a lot

I know how to...

Test for doneness

I know how well to stir muffins

I know how to follow a recipe

**Resources:**

4-H Cooking 101 - 301  
University of Illinois Twin Creeks District (KSRE)
Harvey County Foods and Nutrition Challenge: Bread Edition

Life Skills Learned (circle all that apply):
- Inquiring Mind
- Decision Making
- Critical Thinking
- Problem Solving

Evaluation:

Why should you not overmix your muffins and what could happen if you do?

How can you check to test doneness in your muffins?

What are the two main components of a recipe?

What was the hardest part about this recipe?

What is one thing you learned?

Share your muffins with a neighbor, family, friends or your favorite Extension Agent!

Anne Pitts, 4-H & Human Development
Ashley Janzen, 4-H Program Assistant
Applesauce Muffins

Make this batter now - bake later!

Level: Easy

Serves 18

Ingredients:
- ½ cup margarine
- 1 cup sugar
- 1 egg
- 1½ teaspoons cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 cups flour
- 1½ cups applesauce

Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of muffin tin with margarine or cooking spray.

2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.

3. Fill muffin tins ⅔ full and bake for 15 to 18 minutes.

Optional: Add ½ cup of diced apple or raisins to batter.

Helpful Hints: While an electric mixer makes mixing these muffins a quick task, they will turn out best if mixed by hand. Either way - by hand, or by mixer, it is important to remember that muffins are a "quick bread" and that means muffins or coffeecakes will come out best if not overmixed. Just lightly stir the ingredients together - so dry ingredients are barely moistened. The batter will still be slightly lumpy, and that's fine. Overstirring or mixing a quick bread will make the muffins tough.

Sometimes kids who help in the kitchen really like to stir big and long - and there are good recipes for that - but when it comes to mixing muffins, less is more!

Safety Tip #1: Before children use an electric mixer, it is important that they are shown how to use it safely. Be sure they know how to safely plug in and unplug an electric appliance and that they can operate the mixer's control switch. It may take practice for a child to be able to scrape a mixing bowl with a rubber spatula and use the electric mixer. Encourage them to stop the mixer and scrape the bowl, then restart the mixer.

Safety Tip #2: Remember, this recipe and most batters contain raw egg. Don't lick the spoon or bowl, because the raw egg can make us sick - especially young children. Wait until the batter is baked; it's then safe to go ahead and enjoy!

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.
Harvey County Foods and Nutrition Challenge: Bread Edition

Intermediate Ages 10-13

Goal: To learn how to make quick bread, follow a recipe and test new skills.

Self-Eval BEFORE: Using the rating scale, answer the following statements.
1 = not at all
2 = a little
3 = a lot

I know how to...

Test for doneness in a quick bread
I know how to sift flour and why
I know how to follow a recipe

Resources:
4-H Cooking 101 - 301
University of Illinois
Twin Creeks District (KSRE)

Instructions:

Summer is here and it is time to start practicing for your Foods and Nutrition Projects at County Fair. Besides getting the practice in, it is important to understand about quick bread.

There are a few things to keep in mind when making quick bread. "Less is more", when it comes to how you stir them up. When it comes time to mix it all together, it will feel like it isn't mixed properly. But it is! You want those clumps. You do not want to overmix because then your quick bread can become tough.

Another thing to keep in mind is how judging will work. The judge will look at 3 of the muffins, comparing them together, or the whole loaf of bread. The judge will look for are golden brown color, correct shape and smooth top. The judge will also look on the inside to see if they are moist, if there are air tunnels and how the texture looks. This is where a judge can tell if you overmixed it.

The last thing to remember when making quick bread is to keep trying! They can be hard to not overmix and have them turn out just right. Plus you will have extras to eat!
## Harvey County Foods and Nutrition Challenge: Bread Edition

### Life Skills Learned (circle all that apply):

- Inquiring Mind
- Decision Making
- Critical Thinking
- Problem Solving

### Evaluation:

**Why should you not overmix what could happen if you do?**

**How can you check to test doneness in your quick bread?**

**What are the two main components of a recipe?**

**What was the hardest part about this recipe?**

**What is one thing you learned?**

**Share your quick bread with a neighbor, family, friends or your favorite Extension Agent!**

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### Self-Eval AFTER:

Using the rating scale, answer the following statements.

1 = not at all
2 = a little
3 = a lot

**I know how to...**

- Test for doneness in a quick bread
- I know how to sift flour and why
- I know how to follow a recipe

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Anne Pitts, 4-H & Human Development
Ashley Janzen, 4-H Program Assistant
Rolled Biscuits

Yield: 12 biscuits

Ingredients
2 cups all-purpose flour
1 tablespoon baking powder
3/4 teaspoon salt
1/3 cup butter or margarine, chilled
3/4 cup low-fat milk
Extra flour for kneading

Equipment
Flour sifter
Mixing bowl
Measuring cups, dry and liquid
Measuring spoons
Pasty blender or fork
Baking sheet
Biscuit or cookie cutter

Order of Work
1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add baking powder and salt.
   Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with the
   fork or pastry blender until well mixed.
4. Make a hole in the center of the flour. Slowly add milk and stir, using just enough to
   make dough soft but not sticky. Stir just enough to wet the flour.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with
   your hand. Turn dough onto the floured surface. Knead dough a few times. To knead
   the dough, rub some flour onto your hands. Use the heel of your hand, to push the
   dough away from you, and then fold it back over itself. Give the dough a little turn,
   push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding
   too much flour will make the biscuits tough.
6. Roll or pat dough to 3/4-inch thickness. Dip the biscuit cutter into the
   flour. Use the biscuit cutter to cut the dough or cut it into 2-inch
   squares with a knife. Place biscuits on ungreased
   baking sheet about 2 inches apart. Gather the
   dough scraps and reshape. Cut biscuits and add
   to baking sheet.
7. Bake about 10-12 minutes or until golden brown.

Nutrition Facts per Biscuit:
128 calories, 5 g fat, 331 mg sodium,
17 g carbohydrate, 1 g fiber,
3 g protein, 43 mg calcium.
Harvey County Foods and Nutrition Challenge: Bread Edition

**Goal:** To learn how to make yeast bread, follow a recipe and test for doneness.

**Self-Eval BEFORE:** Using the rating scale, answer the following statements.
1 = not at all
2 = a little
3 = a lot

I know how to...

Knead dough properly

I understand how yeast works

I know how to follow a recipe

**Resources:**
4-H Cooking 101 - 301
University of Illinois
Twin Creeks District (KSRE)

**Instructions:**

Summer is here and it is time to start practicing for your Foods and Nutrition Projects at County Fair. Besides getting the practice in, it is important to understand about yeast bread.

There are a few things to keep in mind when making yeast bread. Have fresh ingredients, patience and keep trying. When yeast is activated with water and some sugar it will foam up a bit. That means it is using the sugar as fuel to produce carbon dioxide. The CO2 will allow your bread to rise. If you use old yeast, your bread will not rise!

Another thing to keep in mind is how judging will work. The judge will look at the top, sides and bottom of your bread before cutting into it. They can tell how you greased your pan and how well it rose in the process. Then they will cut into it looking for doneness, air holes and moistness. They will also taste test to see if you mixed ingredients together well.

The last thing to remember when making yeast bread is to keep trying! Sometimes yeast bread can be really hard and lots of things affected how well it did when baking it. Things like rising and temperature will make or break your bread.
Harvey County Foods and Nutrition Challenge: Bread Edition

Evaluation:

Why should you use fresh yeast and what could happen if you don't?

How can you check to test doneness in your yeast bread?

What are the two main components of a recipe?

What was the hardest part about this recipe?

What is one thing you learned?

Share your bread with a neighbor, family, friends or your favorite Extension Agent!

Life Skills Learned (circle all that apply):
- Inquiring Mind
- Decision Making
- Critical Thinking
- Problem Solving

Self-Eval AFTER:
Using the rating scale, answer the following statements.
1 = not at all
2 = a little
3 = a lot

I know how to...

knead dough properly

I understand how yeast works

I know how to follow a recipe

---

Anne Pitts, 4-H & Human Development
Ashley Janzen, 4-H Program Assistant
Basic Buns

In a large bowl cut up ½ cup margarine. Pour 3 cups hot tap water over margarine. Add ½ cup sugar, 1 ½ teaspoon salt and 1 egg. While this is melting and cooling, measure ½ cup warm water into a large measuring cup. Stir in 1 teaspoon sugar and sprinkle with 2 packages of dry yeast. Let yeast stand until it is foamy and rises up in the measuring cup.

When the yeast is ready and the margarine mixture is cool, pour yeast into bowl and add 3-4 cups of bread flour. Stir until all flour is absorbed. Add 3-4 cups more flour and stir until you have to knead it.

Pour dour onto table sprinkled with flour. Dough should feel moist to the touch, but should not stick to the table or your hands. When it has a blistered look to it, put it in a greased bowl and cover to let rise.

When dough is doubled, knead down and make into rolls, buns or loaves. Bake at 350 for about 20 minutes for rolls.

Italian Load Bread

1 pkg dry yeast
1 cup warm water
3 cups flour, divided
¼ cup butter or margarine, softened
1 egg, beaten
2 T sugar
1 tsp salt
1 ½ tsp dry minced onion
½ tsp Italian seasoning
½ tsp garlic salt
1.2 cup parmesan cheese, divided

In a large bowl dissolve yeast in warm water. Add 2 cups flour, butter, egg, salt, sugar and seasonings. Beat low (about 30 seconds) until mixed. Increase speed to medium and beat for 2 minutes. Stir in remaining flour and 1/3 cup cheese. Beat until smooth. Cover and let rise until double. (about 1 hour). Stir batter about 25 strikes. Spread batter into greased 1 ½ quart casserole dish. Brush with melted butter and sprinkle with remaining cheese. Cover and let rise until doubled (about 30 minutes) bake at 350 for about 35 minutes, cool 10 minutes before removing from pan.