

BREADS GUIDELINES

The following are guidelines for the breads project.

The heritage of baking bread at home dates back to early days and runs through many cultures. The 4-H breads project can be used to keep that tradition alive as well as focus on the importance of breads in a healthy daily food plan.

Suggested resources include those listed below. They are available through the Extension office.

Fit It All Together I (4H-1193) - Explains the role of breads in a balanced daily food plan.

Bread is Basis (4H-0610) - This videotape demonstrates the techniques involved in preparing American pan bread, French bread, limpa bread and pita bread. It includes nutrition information and a recipe booklet. The tape is 45 minutes long.

Food Mysteries Case 1: Telltale Gains (4H-1417) - This booklet discusses grain foods and presents an activity exploring the secrets of why bread rises.

Fleischmann's Yeast has a toll free number, 1-800-227-6202, to answer questions about yeast bread baking. Call from 10 a.m. to 9 p.m. Monday through Friday.

1. All breads, rolls, muffins, biscuits, etc. must be made from scratch. No mixes allowed.
Bread baking machines are not allowed.
2. Learn about the history and nutritional value of bread baking.
3. Gain a better understanding of the ingredients and how their reactions in a recipe are important to successful bread baking.
4. Experiment with the different methods of handling yeast (quick mix, rapid mix and conventional).
5. Learn the different ways of handling dough.
6. Learn the terminology and techniques of baking bread such as stirring down, kneading, punching down, etc..
7. Learn the importance of the right pan size and differences in pan materials.

The attached form will be used for breads evaluation.

BREADS EVALUATION FORM

Judges will consider the quality of the bread, the visual appeal of the finished product, the origin, usefulness and complexity of the recipe as well as general knowledge of bread baking. Judges are not required to taste the food.

	<u>POSSIBLE POINTS</u>	<u>POINTS RECEIVED</u>
<u>PRESENTATION</u>	60	
- knowledge of recipe selection		
- nutritional value of project and any history of recipe		
- knowledge of preparation techniques and ingredients		
- finished product attractively displayed with appropriate accessories		
- appearance and communication skills of youth		
<u>RECIPE</u>	40	
- appearance and crust		
- inside color and texture		
- crumb		
- aroma		
- flavor (tasting is optional)		
- distribution of additional ingredients if used (i.e. nuts, fruits, etc.)		
TOTAL		