

# Foods: Baked Goods

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## **PROJECT DESCRIPTION:**

Members are required to complete a minimum of three activities from the manual each year they are in the project. Within the two or three years of the project, members should have completed at least one activity in each category in the project manual. Participants may exhibit one baked and/or one preserved item per grade. If all project requirements are not met, projects will be judged on merit but not considered for honor or champion.

A member may exhibit a preserved exhibit and/or do an interactive demonstration. Contact the 4-H Extension Educator to schedule an action or interactive demonstration time

## **For baked product competitions:**

1. Filling, frosting, glazing, pie filling, and meringue whether uncooked or cooked **are not permitted** to contain cream cheese, sour cream, heavy cream, or whipped cream as the nature of these products increases the moisture content and water activity of the food. Foods with a higher moisture content and water activity can be ideal growing conditions for food borne pathogens, even if the ingredient is part of a batter and baked. Additionally, unpasteurized milk (raw milk or raw milk products) or uncooked eggs/egg whites are not permitted but pasteurized eggs or eggs cooked to 160°F may be used.
2. No home-canned fruits, vegetables, or meats are permitted in products. Recipes must be provided that show which ingredients were used in each part of the product.
3. Contestants should carefully wash their hands and make sure that their hands **do not have** any open cuts before preparing foods. Contestants are not to be preparing food exhibits for competition within 48 hours of recovering from any illness.
4. Whenever possible, baked products should be transported and stored in chilled coolers (41 degrees F).

## **Labeling Suggestions:**

1. Pre-printed name labels are available at the Extension Office.
2. Cover name label with clear plastic wrap so that it will not become grease stained.
3. Tape name label to the paper plate or container before the product is wrapped.

## **Recipe or index cards:**

1. A 5" X 8" recipe card (covered in plastic) is required for all food exhibits. Be sure to include the recipe source and all the information requested in the exhibit description, as well as your name, and county, and the grade level/exhibit option. It is recommended that you wrap the card in plastic wrap or in a plastic bag. Recipe cards will not be returned.
2. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.

## **How to prepare products for display.**

1. Most food products should be displayed on a paper or foam plate.
2. For cakes - cut a piece of cardboard about 1/2 inch larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap, or foil before putting the cake on it.
3. Any other product that may be sticky on the bottom, such as some fancy breads, should be put on round, square, or rectangle cardboard. Cover this cardboard with wax paper, plastic wrap, or foil before putting the food product on it.
4. Pies should be exhibited in a disposable pie tin.

### **LEVEL A: GRADE 3 (FIRST YEAR)**

Three snack-sized (approximately 2"-3" individual size) drop, molded or bar baked cookies. No glaze or frosting. Include recipe card and display on a dessert size paper or foam plate.

### **LEVEL A: GRADE 4 (SECOND YEAR)**

Three standard size muffins that contain an ingredient that is a source of Vitamin A or Vitamin C. No muffin liners. Include recipe card.

### **LEVEL B: GRADE 5 (FIRST YEAR)**

A square, oblong or round layer reduced-fat cake without frosting. Reduce the amount of fat in the recipe by using a fruit puree or baby food fruit product that does not contain yogurt. Include recipe card.

### **LEVEL B: GRADE 6 (SECOND YEAR)**

Three no-yeast, any shape pretzels with a whole grain flour mixture (shaped, stick, or nugget) OR 3 no- yeast sweet or savory rolled biscuits with a whole grain flour (no drop biscuits.) Include recipe card.

### **LEVEL C: GRADE 7, 8, 9**

Exhibitors may choose one baked product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement

1. Three yeast bread sticks or yeast rolls (any shape, medium size - not a sweet roll), using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Include recipe card. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
2. A yeast bread (can be loaf, braid, but not rolls) using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Include recipe card. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
3. One package of a non-perishable, invented healthy snack (such as a granola bar, popcorn snack, trail mix, etc). Your snack must include at least 2 food groups from My Plate. Exhibit must include your snack product and a separate folder containing a marketing plan with product name, recipe, how it will be packaged, a package design, where it will be sold and suggested selling price. Style your snack for a photo shoot and include the picture in your marketing plan. Label should include product name, date, quantity, and serving size

### **LEVEL D: GRADE 10, 11, 12**

Exhibitors may choose one baked product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

1. A single or double crust baked fruit pie (no graham cracker crust). Include recipe card. (Note: Custards, cream, cream cheese frosting and fillings, and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperatures.)
2. A non-perishable baked food product for a catered meal or special event in which organizers have requested low fat and/or reduced sugar items. Exhibit will include your food product and a notebook outlining how this product is to be used at the event i.e. party theme, guest list, menu, equipment/supplies to buy, plan of work, preparation schedule, table layout, activities or games planned, etc. A table display is optional and should be no larger than 16" deep x 22" wide x 28" high. Include index card with recipe.
3. Select a condition in which people have to specifically modify their eating habits (diabetes, heart disease, Celiac disease, food allergies, etc.) Prepare a non-perishable baked food product appropriate for someone with this condition. Exhibit will include your food product and a notebook summarizing the condition or allergy, nutrition considerations involved with the condition, a description of your baked item, and an explanation of how it fits within the nutrition considerations. Make sure to note any ingredients that could cause an allergic reaction. Include index card with recipe.

***STATE FAIR ENTRY: one baked product each grade level***