

4-H BAKE OFF



Have you ever imagined that you were a famous pastry chef? You stand in front of an audience, using your knowledge and creativity to prepare wonderful and amazing dishes. 4-H Bake Off is your chance to do that—at least on an introductory level.

What You Will Do in 4-H Bake Off

- Exhibit your skills with different cooking techniques.
- Share a favorite traditional or original recipe.
- Show how to prepare a tasty and healthy dish.

2017–2018 Theme: Holiday

LEVELS OF COMPETITION

For details on eligibility, see the General Event Policy.

Junior Level I:

9 to 13 years old
(On August 1, if your age is 11 but your birthday is before January 1, 2018 your 4-H age is 12.)

Senior Level:

14 to 18 years old
(On August 1, if your age is 13 but your birthday is before January 1, 2017 your 4-H age is 14.)

What You Will Learn

Besides getting to try new and tasty dishes, 4-H Bake Off will make you a smarter and more imaginative chef. It also will make your meals and snacks healthier and more interesting.

- Make good food decisions, making every dish part of a healthy diet.
- Make shopping lists and food menus.
- Show how well you handle yourself in the kitchen.
- Learn good culinary techniques.
- Teach others by presenting your knowledge before a live audience.

Refer to the [Alabama 4-H Competitive Events webpage](#) to review the General Contest Policy and the Age & Eligibility Chart.

4-H BAKE OFF



The Rules for 4-H Bake Off

Each participant must plan and prepare an attractive exhibit of baked foods to display on a table top no larger than 3-feet deep and 3-feet wide.

1. Participants will include in the exhibit: baked products from two of the four categories:
 - Cookie
 - Healthy Snack
 - Quick Bread (muffins, biscuits, cornbread, banana bread)
 - Brownie or Bar

No prepared mixes allowed.

2. Recipes for the products exhibited must either be included in the exhibit or copies of the recipes available at the exhibits.
3. Each exhibit should include a 12" × 12" poster with the title of the exhibit. The poster should be supported by a table easel or constructed to stand on its own.
4. The 4-H member will answer questions about the exhibit, food preparation, and the place of breads in a balanced diet.
5. The 4-H member should be neatly dressed in clean clothes and shoes.

Each participant will be judged in these areas:

1. **Exhibitor (4-H member).** 20 points. General appearance, enthusiasm, knowledge of exhibit, neatness, and manners
2. **Exhibit.** 55 points. Theme, attractiveness, creativity, appearance, and taste
3. **Subject Matter.** 25 points. Educational, timely, and stresses nutrition.

Disqualifications:

1. Using a board larger than 12 inches × 12 inches (**no trifold boards**).
2. Using a prepared (boxed) mix as an ingredient.
3. Senior Level 4-H member not submitting a community service report.

Community Service

Telling a great story, showcasing projects at a community library, speaking at the local nursing home, or organizing a community cooking or a building blocks workshop are great opportunities to serve others. Serving others helps build your academic skills, learn civic responsibility, and develop leadership. It may also give you a good opportunity to meet new people, publicize 4-H, and practice your communication skills. Alabama 4-H is now requiring all Senior Level 4-H members to add a community service component to all 4-H Competitive Events. Each Senior Level 4-H member will have to complete the 4-H Community Service Report as a part of their project. 4-H members will be disqualified if the community service report is not included.

It is important that you decide what service you can provide, not have a parent or 4-H leader make this decision for you. Groups of young people are encouraged to work together to discover how they can serve their community.

4-H BAKE OFF



Career Connections Culinary Job Descriptions

<http://www.culinary-careers.org/>

Skills that are developed through this project have direct connections to exciting and rewarding careers. Restaurants, hotels, and other food service industries often employ three distinct types of employees—chefs, cooks, and food preparation workers.

- **Chefs** are responsible for directing the activities of other kitchen workers, menu planning, recipe creation, food and supply ordering, and some specific cooking duties. They are typically the most experienced and best educated members of the staff.
- **Cooks** are responsible for the day-to-day food preparation at the restaurant or facility. Depending on the size of the facility, there may be several cooks, each responsible for a different part of the menu or a different type of food. For example, there are fry cooks, vegetable cooks, pastry cooks, and other specialties.
- **Food Preparation Workers** are under the supervision of chefs and cooks and typically perform less skilled duties. For example, they may chop vegetables, prepare salads, and prepare materials used by the restaurant's chefs and cooks.
- **Food Service Managers** are often responsible for many of the behind-the-scenes activities that keep the establishment going. Food service managers have responsibilities ranging from ordering food and supplies, selecting menu items and determining their prices, and ensuring the high quality of food preparation and service. They are frequently responsible for administrative tasks.

BAKE OFF



Score Sheet

Participant Name: _____ County: _____

Date: _____

Level: ___ Junior (Age 9-13) ___ Senior (Age 14-18)

	Possible	Awarded
Exhibitor		
<ul style="list-style-type: none">Wore clean, neat clothesShowed enthusiasmDisplayed calm and confident behavior	10	
Baked Products (Characteristics)		
<ul style="list-style-type: none">Uniform shape, color, and sizeTexture appropriate for product (inside and out)Pleasing flavor	50	
Exhibit		
<ul style="list-style-type: none">Demonstrated originality and creativity.Had good general appearance and followed given theme. Attractive, simple design. No brand name or copyrighted items used.Met dimension criteria (3-foot square with no back, including a 12×12-inch poster on an easel or mounted on the front of the table).Used even, easy-to-read lettering.Included recipes and nutritional information for all three products in the exhibit or in a handout.	20	
Interview of the Participant		
<ul style="list-style-type: none">How the exhibit was made and the source of the information usedFood preparation techniques used in preparing baked foodsNutritional value of baked productsRecipes for the baked products	20	
Total Points Awarded	100	

Judges' Comments:

COMMUNITY SERVICE REPORT



How I Have Helped Others: My 4-H Community Service Report

The best way to find yourself is to lose yourself in the service of others.

- Gandhi

Name: _____ County: _____ Date: _____

Number of Youth Served: _____ Number of Adults Served: _____

Start & End Date: Start _____ End _____ Number of People Involved: _____

Did you recruit others to help?

Total Hours of Effort: _____

Your time and the time of volunteers you recruited.

****Community Service Report Only to be Completed by Senior 4-H members Ages 14-18****

Briefly describe your project:

Estimated monetary value: \$ _____

What do you think your service was worth to the community? You can estimate the dollar value of the volunteers' time. For youth, value their time at minimum wage, \$7.25/hour. For adults, use \$20.25/hour.

Reflection. What difference did this project make in your life or in the lives of others?

COMMUNITY SERVICE REPORT



Examples of Service Projects:

- *I visited a class of 20 1st Graders and got them to tell stories about their pets. This helped them learn to talk in front of a group.*
- *I got kids in my Club to help me plant pansies in the flower bed at the library. They learned good gardening technique and provided something pretty for our community. We put up a sign: "Flowers provided by the High Hopes 4-H Club."*
- *My friends and I participated in the Community Arts Festival. We displayed our quilts in a 4-H booth and taught younger kids how to make quilt square designs using glue and paper.*
- *I grew lots of squash in my garden. I took some to the Food Bank and gave some to elderly neighbors. I put 4-H Clovers on the paper bags.*

Documentation Provide photographs and any publicity such as news clippings.