

Quick Bread Made from Mixes

Leader Guide

- q Working With Pre-Teens*
- q Have a Planning Meeting*
 - q Make Learning Fun*
- q General Plan for Each Meeting*
 - q Your Kitchen Habits*
- q Some Important Points to Cover at Meetings.*

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Revised May 2005 by Vera Collins LAKE Cnty 4-H Secretary, this book is on the web site at: <http://lake.ifas.ufl.edu/4-H/Projects.htm>

“Quick Breads Made From Mixes” is designed for newcomers to the baking world. You will find the recipes so sufficiently easy to prepare that those just learning will be able to take pride in making excellent products. As they make friends with the Quick Bread Family, boys and girls will be learning important skills which will bring enjoyment to them for years to come. Don’t forget the important part you have played in giving them direction, for you will have stimulated their interest in the mysteries of baking. Without a doubt the time you have spent will prove worthwhile.

“Enthusiastic”, “lovable” and “inquiring” are words which might well describe the pre-teen boy or girl. At this age they are full of questions, and may well challenge your skill as a leader. They enjoy working in groups, but need help n appreciating the work of others. Because their attention span is short you will need to plan brief activities, and give explicit directions. Boys and girls who are growing fast may be awkward in handling equipment and supplies. Your patience may be tested as they learn good basic work habits. Encouragement and approval will mean more to them than you realize. If you succeed, however, these boys and girls will amaze you with their accomplishments in baking hot delicious quick breads.

A good way to begin this unit is with a planning meeting for members and their parent or guardian. Make a list of the most important questions to be discussed, such as:

- i How often will the club meet?
- i When and where will meetings be held?
 - i Who will be responsible?
 - i How will supplies be provided?
- i How can I encourage good kitchen habits?

As a leader you will be looking for ways to make learning fun. Here are some tips from those who have worked with Pre-Teens:

- j Help members feel that this is their club by giving each a chance to share in activities such as demonstrations and reports.
 - j Be alert to what members themselves want to do.
 - j Encourage participation by assigning duties, such as serving and cleaning up.
 - j Let members have some choice in preparation if possible.
 - j Look for ways to give recognition for high standards of performance.
- j Include a few surprises. A change in pace will enliven the meeting. Go on a field trip to a grocery store. Extra experiments will add sidelights of interest to the meeting.

Use this 12 point plan as a guide for a successful series of meetings.

1. Ask members to report on what they have baked at home since the last meeting.
2. Discuss briefly what will be done at this meeting.
3. Talk about kitchen safety and sanitation.
4. Go over preparation tips which relate to current lessons, ex. How to measure liquid.
5. Discuss how to shop for food items used.
6. Decide on experiments and go over procedure. Emphasize important points.

7. Discuss serving, courtesy, and how to give a demonstration.
8. Judge food prepared and served at meetings.
9. Have members fill out records.
10. Decide what to recommend for practice baking at home.
11. Make plans for the next meeting.
12. Remind members to work neatly and leave the kitchen clean.

A habit is a way of acting that has been repeated so many times that it becomes characteristic of you. When you are learning how to work in a kitchen, practicing good habits will save you time and help you to become a better cook. When you can answer yes to all of these questions about cooking and working in the kitchen, you will possess good kitchen habits.

GOOD HABITS in WORKING

- q Are your hands and fingernails clean? Is your hair combed and in good order?
 - q Are your clothes clean and do you wear an apron?
- q Do you keep your hands away from your hair and mouth while cooking?
 - q Do you collect all ingredients and utensils before beginning to cook?
- q Do you use clean paper or cloth towels to wipe your hands while cooking?
- q Do you read the recipe all the way through before beginning to cook? Do you ask for help if you don't understand it?
 - q Do you follow directions exactly?
- q Do you keep your work table clean and orderly while cooking?

GOOD HABITS in PREPARING QUICK BREADS

- q Do you measure, mix accurately, and use standard measuring cups?
 - q Are you careful to use the exact amount called for?
- q Do you break an egg into a small dish before using it? Do you know how to separate an egg?
 - q Do you know how to measure liquid? Do you read the measurement at eye level?
 - q Do you know how to take quick breads out of the pan?

GOOD HABITS in USING the RANGE

- q Do you ask for help if you do not know how to operate a range?
- q Do you have the oven at the correct temperature before baking?
- q Do you know how to test a quick bread to see if it is baked? Do you use a timer or a clock?

GOOD SAFETY HABITS

- q Do you use hot pads instead of dish towels to lift hot dishes or pans?
- q Do you turn pan handles back on the stove so that young children cannot reach them?
 - q Are you careful never to pour water into a pan of hot grease?
- q Are you careful to wash sharp knives by themselves and never soak in a pan of dishwasher?

GOOD HABITS in CLEANING up

- q Do you scrape and rinse dirty utensils to make dishwashing easier?
- q Do you use hot soapy water? Do you rinse and soak pans and wash them as soon as possible?
 - q Do you leave your kitchen in order and shining clean?

*It is well to review and explain these kitchen habits often.
Give recognition to those who are developing good kitchen habits.*

Some Important Points to Cover at Meetings

Pancakes

Discuss Pancake mix ingredients - tips on measuring a mix, breaking an egg and measuring a liquid - kitchen habits and kitchen time schedule

Food Selection Show kinds of pancake mix - study ingredients - discuss differences in pancake mixes.

Safety Sanitation emphasize on care in heating a griddle and washing utensils

Food Preparation How to mix batter - why bubbles appear in batter - how to flip a pancake

Serving - Judging Experiments - Assignments Suggest place setting - use heated plates - judge pancakes for shape, appearance, size, texture - experiment with freezing

Biscuits

Introduction Reports - kinds of biscuit mixes - report on freezing pancakes - study baking vocabulary - discuss what is in a biscuit mix - give tips on measuring mix

Food Selection Checks kinds of biscuit mix - checks prices

Safety Sanitation Clean hands check - care not to spill flour - importance of safe storage

Food Preparation Describe mixing and kneading procedure - show how to roll and cut biscuits

Serving - Judging Experiments - Assignments Discuss and show how to use bread and butter plate and knives - suggest ways to keep biscuits hot - judge product for appearance, size, shape, texture - experiment with freezing - assign experiments to try on family

Preparing a basic mix - Kinds of Biscuits

Introduction report on baking muffins at home - list number of variations made - discuss the advantage of preparing a basic mix and the characteristics of a good biscuit

Food Selection Compare cost of preparing own basic mix and purchasing ready made mix

Safety Sanitation Discuss ways of storing a basic mix

Food Preparation Show how to mix ingredients and describe the difference in biscuits made from drop dough and dough that has been kneaded

Serving - Judging Experiments - Assignments Time biscuits so they will be served hot - ask members to practice making biscuits at home - assign experiment in freezing biscuits

Biscuits and Variations

Introduction report on baking biscuits at home and freezing biscuits - demonstrate the difference in baking powders - praise those who have good kitchen work habits

Food Selection check the kinds of baking powder in stores - compare price and ingredients

Safety Sanitation discuss the length of time product keeps in freezer and ways of wrapping

Food Preparation practice mixing and kneading biscuits with uniform sides - show biscuit variations such as cheese logs and pecan biscuits

Serving - Judging Experiments - Assignments Judge biscuits for shape, volume, texture, grain, color, crust and flavor

Using Canned Biscuits - *Pizza, Coffee Cake*

Introduction review the kinds of quick breads made from this unit - make a list of all items baked by class members - go over important facts about quick breads and give the Quick Bread Quiz - ask members to complete record sheets

Food Selection Which canned biscuits were the best buy?

Safety Sanitation List safety and sanitation points as observed in class work - notice date on biscuit cans

Food Preparation show how to roll out dough for large pizza and for individual pizza - show how to shape biscuits into coffee cake ring

Serving - Judging Experiments - Assignments show how to cut pizza - discuss table settings and other foods to serve - suggest to create own variation coffee cake from canned biscuits - show other samples such as Christmas Tree, etc - plan a show and tell meeting where parents are invited to taste samples baked by members and to see them receive certificates for completing Quick Breads.