

Why Bake?

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Sharon Davis
Family and Consumer
Sciences Education



www.homebaking.org

Food is fabulous.

Food should be
assured,
anticipated,
appreciated,
shared among
family, friends, community...
More than just convenient; savored.
Food is essential...
energy, health, beauty, success.



“The preparing, cooking, and sociable eating of food are so central to the human experience that the culinary arts may well be what made us human in the first place... There is no record anywhere of any people who have lived without cooking.”

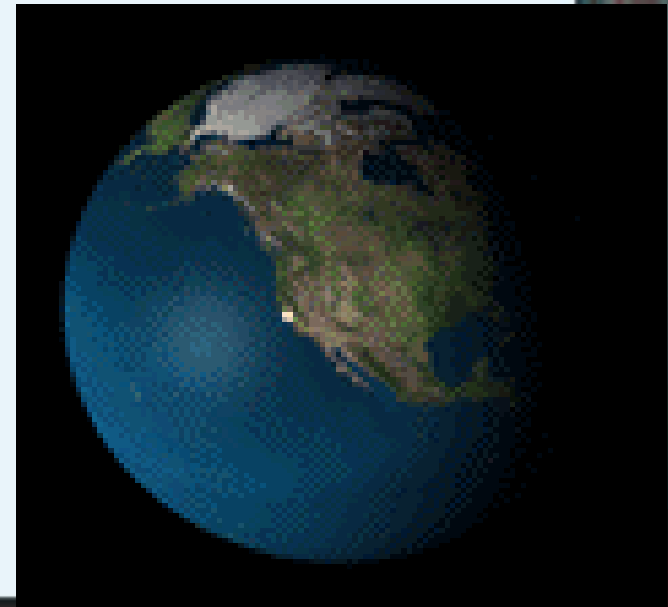
Richard W. Wrangham, Professor of Anthropology, Harvard University.

Lost Recipes, p.57, Marion Cunningham. 10/2003.

Not everyone is in our shape.

“You can’t just eat what’s put in front of you.
You have to pay some attention to food.
(This) is lacking in a culture that says ‘more is better’ and
that encourages you to wolf down what is on your plate.
In many other cultures, people **do** connect with their food,
appreciate and enjoy quality in
ways that we don’t.
It can be done here (in U.S.) too.”

Walter Willet, Ph.D, Harvard School of Public Health.
Eating Well magazine. Winter, 2003.



Difference Maker: Active *Food* Lifestyles

Center for Disease Control study reports

- 53% of a person's health is related to lifestyle
- 10% is based on the quality of medical care
- 19% is from the environment
- 18% is hereditary

Health Update. April 2000.

Better Homes & Gardens magazine, p. 250



Is Baking to Blame for Obesity?



“It’s the calories,
not the carbs.”

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Calories in, calories
out...

Require *active*
lifestyles. Work. Play.
Get expert, not trendy
advice.

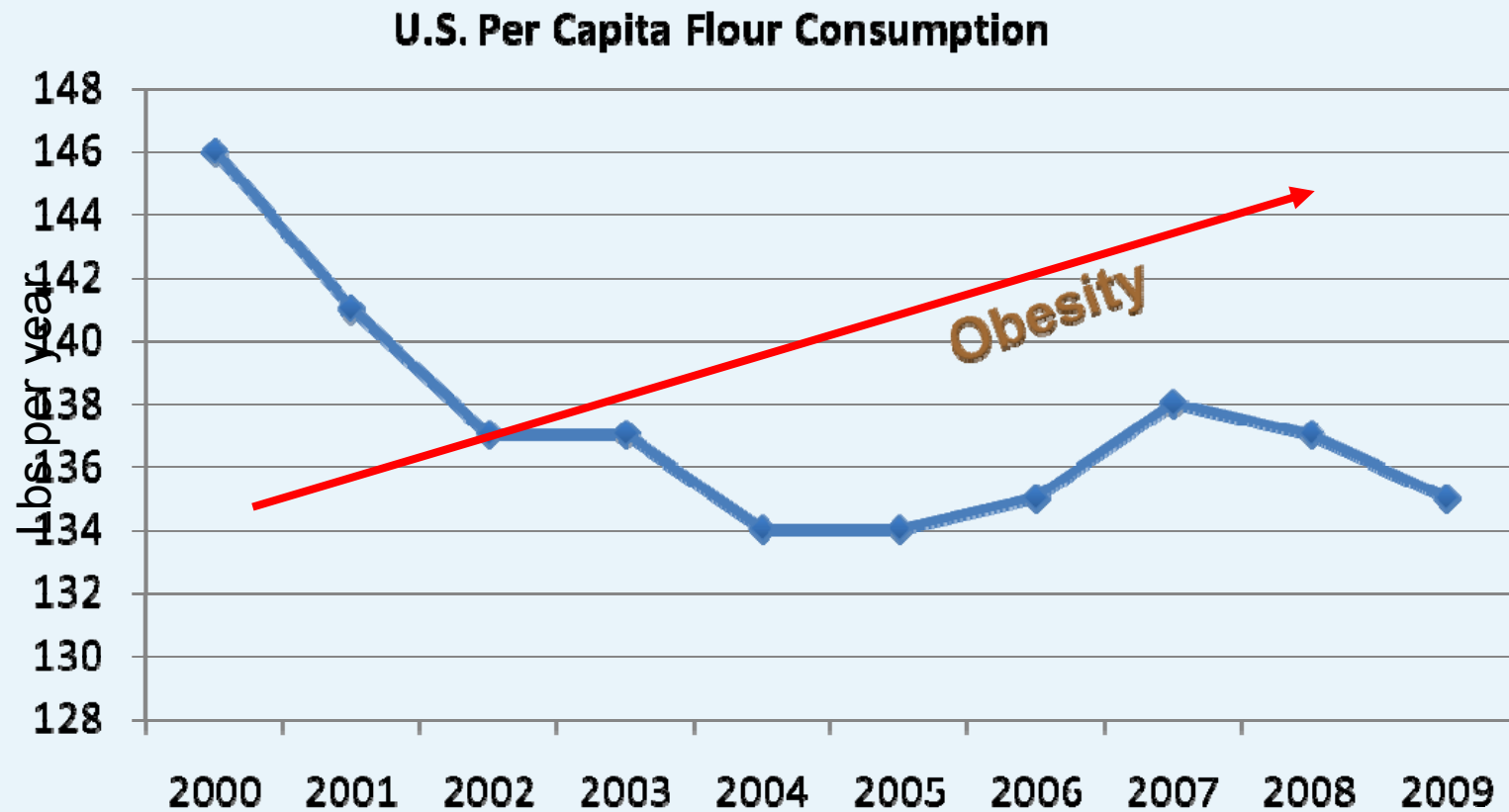
www.eatright.org

www.choosemyplate.gov



Follow wheat research: www.wheatfoods.org

Wheat Flour Consumption vs. Rise in Obesity



Source: US Census Bureau and CDC



Current Dietary Guidelines



Grains on the plate: Food and Nutrition Educators
→ Message on the importance of appropriate servings and variety of grains for a healthful diet.
→ And... offer food preparation skills to support the message.

Dietary Guidelines for Americans

“To meet these challenges, the following sustainable changes must occur...”

- Improve nutrition literacy, cooking skills
- Motivate and empower the population—especially families—to prepare and consume healthy foods at home
- Increase comprehensive health, nutrition, physical education curricula in US Pre-K to 12
- Including food preparation, food safety, cooking, physical education and quality of recess

Excerpt, executive summary, released June-July, 2010.

Dietary Guidelines released January 31, 2011--www.hhs.gov

Doctors view FCS and Dietitians as education partners

- Many children have never seen their parents produce a meal “speed or scratch”
- School-based classes to demystify the process
- Emphasize simple, inexpensive, speed scratch
- Children could teach parents, contribute resources, boost self-confidence/esteem
- Teen’s diets improve when help prepare meals

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“If children are raised to feel uncomfortable in the kitchen, they will be at a disadvantage for life.”

JOURNAL of the AMERICAN MEDICAL ASSOCIATION. 2010. Lichtenstein, A; Ludwig, D. 303(21):2109

Food skills matter. Do the math.



The “I don’t cook” thing adds up to at least 10 lbs. a year.

30 days in a month, 365 in a year
 $\times 100$ calories less burned per day (no food prep less active)
36,500 extra calories or 10 pounds a year

Food preparations are part of **active** lifestyles.

**Cooking Light* magazine:

75 to 125 calories burned every 30 minutes of cooking, serving, cleaning up

*3,500 calories = 1 pound added weight

Lost Food Skills Co\$tly

We need more money to buy what we cannot do for ourselves—due to priorities or lack of skill.

Q: If you have basic culinary skills, is fast food really faster? What about the \$\$\$ and other costs?

What's the real value of “knowing” food?

- \$12.00 per DIY meal vs. \$ 32.00 RTE (Family of 4)
3 RTE meals/week/year = 156 X \$20= \$ 3,120
Over 15 years = \$46,800
- Weight gain issues: portion control, food content and fewer calories burned with RTE. *RTE=ready-to-eat

Parade Magazine, February 1, 2004, p.6



"To be honest, your best value is to eat
before you leave home."



Americans do want more balance.

- *90 percent of adults want to lead more balanced lives*
- 60% fail at “New Year’s resolutions”
three months after, break resolutions
- Only 21% think they can achieve balance

Survey Source: ConAgra Foods
www.media.conagrafoods.com(2/28/08)

Great resources @
www.learningandlivingwell.org



Bake to Benefit Youth

- The United States ranks 16th among developing countries with student science scores—need to strengthen youth knowledge, *develop research and technology scientists & leaders.*
- Fast food restaurant spending grown >18 times in the last 30 year with youth/families lacking the skills to *prepare nutrient dense foods at home.**
- Current studies indicating that nutrition education focused on knowledge alone of the Food Pyramid are not impacting the skyrocketing obesity rate. *Add food skills.*
- 35% or more of adolescents overweight or obese affects every organ, self-esteem, academics, careers, resources

*Trust for America's Health. <http://healthyamericans.org/>)





- Build traditions, across ages
- Contribute to family; build true esteem, team building
- Applied food science, math
- Functional Literacy
- Develop real, life skills
- Careers and technology
- Explore history, cultures
- Control \$\$\$, resources
- ↓sodium, ↑potassium, folate, magnesium, calcium, iron
- ↑Whole grains, antioxidants
- ↑Fruits, Veggies

It's about Maslow.



Maslow's Hierarchy of Needs is shown above. The pyramid illustrates the five levels of human needs. The most basic are physiological and safety/security, shown at the base of the pyramid. As one moves to higher levels of the pyramid, the needs become more complex.

Source: <http://www.ruralhealth.utas.edu.au/comm-ead/leadership/Maslow-Diagram.htm>



“Tell me! Do Tell!
Are you safe, are you sound, are you
whole? Are you well?”

Ask, “Why aren’t we teaching children
kitchen and food preparation skills?”

“Don’t hang on to something (practices)
because it’s best for adults.

Do what’s good for kids.”

Anthony, KS Elementary Principal,
Wellness Committee
www.lvksch.org



Involve adolescents in food prep



“Dietetics professionals should encourage parents to involve their adolescents in food-related tasks to help them develop the proficiencies they need as young adults to maintain a healthful diet.”

Larson, N, Story, M, Eisenberg, M, Neumark-Sztainer, D., 2006, *Food preparation and purchasing roles among adolescents*. Journal of the American Dietetics Association. 106(2), 211-219.

Baking Skills Check List

What can you do? Check the skills that you already have and get ready to explore and enjoy the wonder of food and the delicious results!

Getting Ready

- ☐ Read Recipe Thoroughly
- ☐ Ingredients Available
- ☐ Equipment Available
- ☐ Follow Directions

Clean-Up

- ☐ Food Safety
- ☐ Clean-up

Measuring Basics

- ☐ Kitchen Measurements
- ☐ Teaspoons
- ☐ Tablespoons
- ☐ Cups
- ☐ Scales, U.S./English/Metric
- ☐ Dry Ingredients
- ☐ Liquid Ingredients
- ☐ Brown Sugar
- ☐ Shortening and Butter

Nutrition Information

- ☐ Net Weight
- ☐ Food Label
- ☐ Ingredient Label

Mixing Methods

- ☐ Muffin Method
- ☐ Biscuit Method
- ☐ Drop Cookie Method
- ☐ Rolled Cookie Method
- ☐ Shaped Cookie Method
- ☐ Cake Method
- ☐ Rapid Mix Yeast Dough Method
- ☐ Straight Dough Method
- ☐ Cool-Rise Method

Techniques/Terms

- ☐ Shell an egg
- ☐ Separate an egg
- ☐ Sift, blend, whisk
- ☐ Cream
- ☐ Cut-in
- ☐ Knead
- ☐ Ferment, raise, rest, punch
- ☐ Fold-in
- ☐ Peel
- ☐ Slice, dice, grate
- ☐ Roll out
- ☐ Divide dough
- ☐ Simmer
- ☐ Boil

Equipment

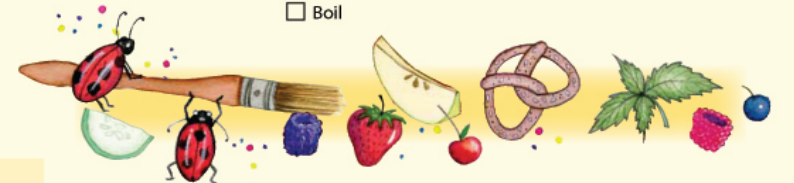
- ☐ Oven Use
- ☐ Microwave Use
- ☐ Small Appliances
- ☐ Hand Mixer
- ☐ Stand Mixer
- ☐ Food Processor
- ☐ Bread Machine
- ☐ Skillet
- ☐ Griddle; waffle iron

Foods & Nutrition Resources

Meal Planning

- ☐ Menus
- ☐ Setting a Table
- ☐ Dining Etiquette

Other:



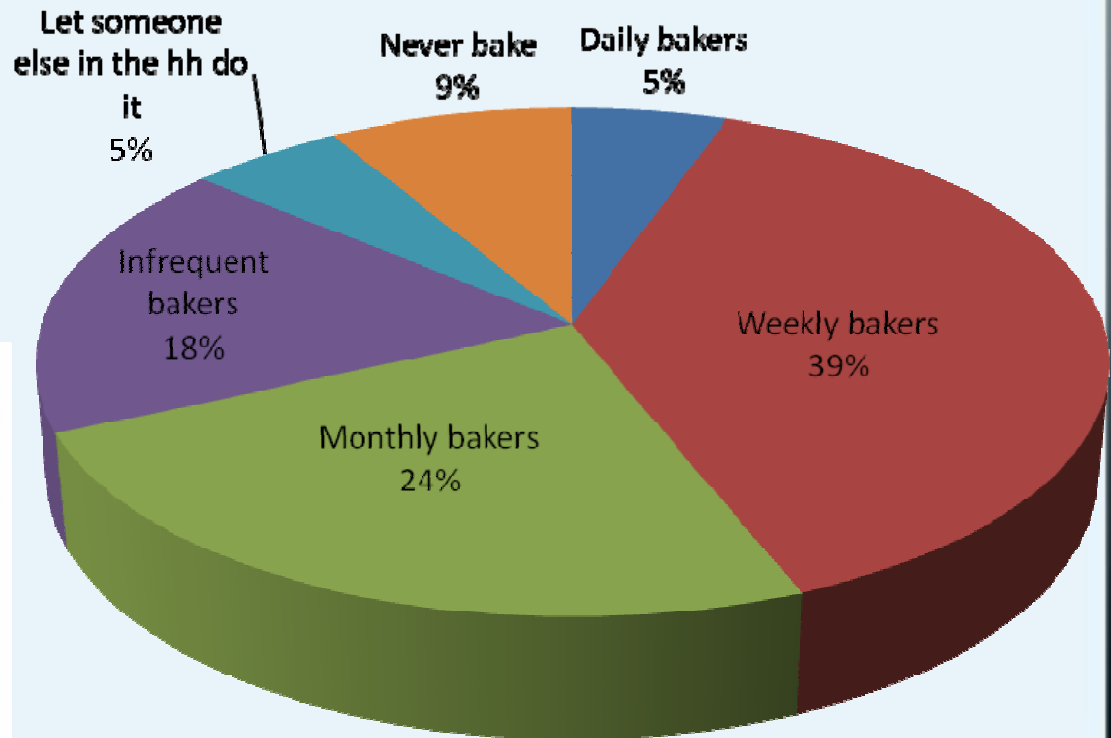
- Help children see their skills build. Download www.homebaking.org
- Send the skills learned home for parents to see. Many think their adolescent is too young to cook or bake!
- Help them truly help make meals and traditions happen, save money and resources for their families, friends.
- Consider “baking for funds” to lend a helping hand...
- www.greatamericanbakesale.org



Who's Baking?

- Daily and weekly bakers are regular users of mixes

Frequency of baking at home, August 2011



Source: Mintel

2,000 adults; 107 daily bakers, 772 weekly bakers

"Ever bake" = 1,724, "Regular bake" = 879

"Bakers not shoppers" = 25, "Shoppers not bakers" = 1,041

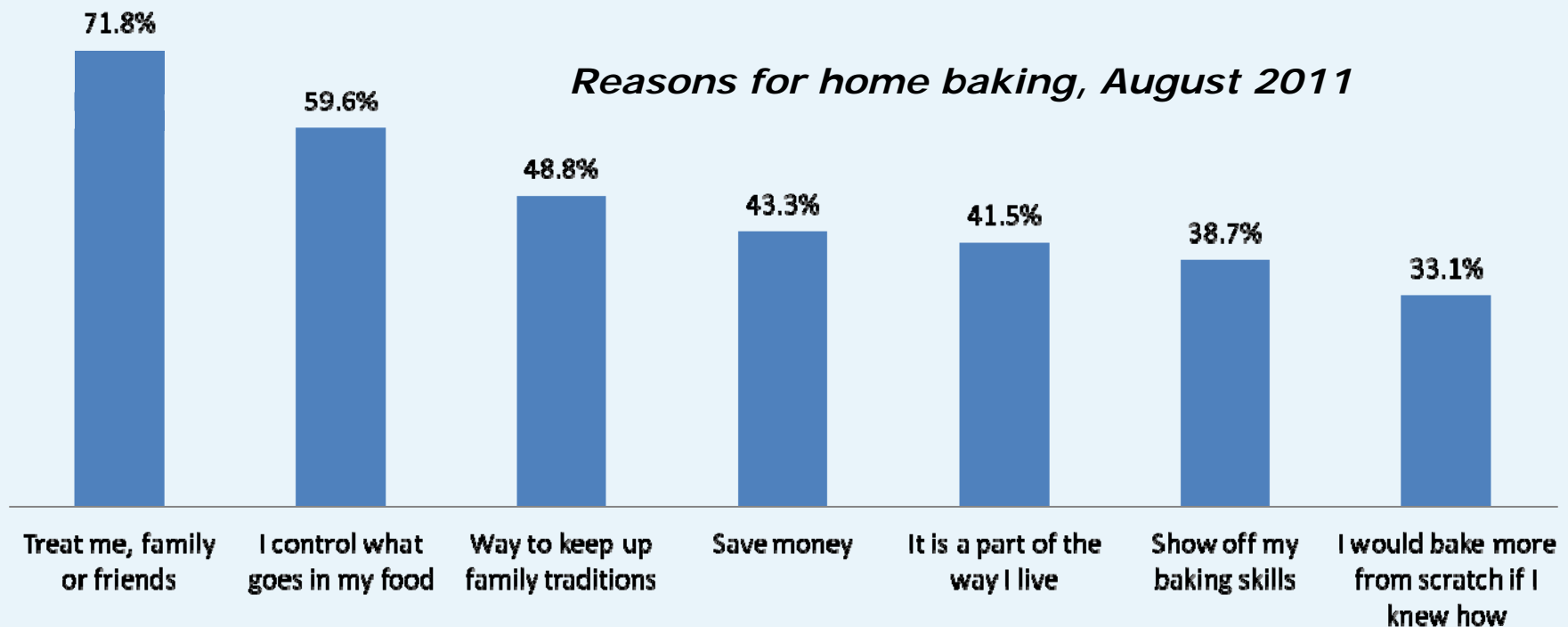
"Thinking about your baking habits, how often would you say that you bake at home?"

Motivations for baking

- We are still a treat society,
- Ingredient controls a growing issue (and is a whopping 83% in the UK)
- Desire to keep traditions, it's my lifestyle motivates 42-48%
- Saving money, resources important to 43%
- Note 33% would bake more..."if I knew how"

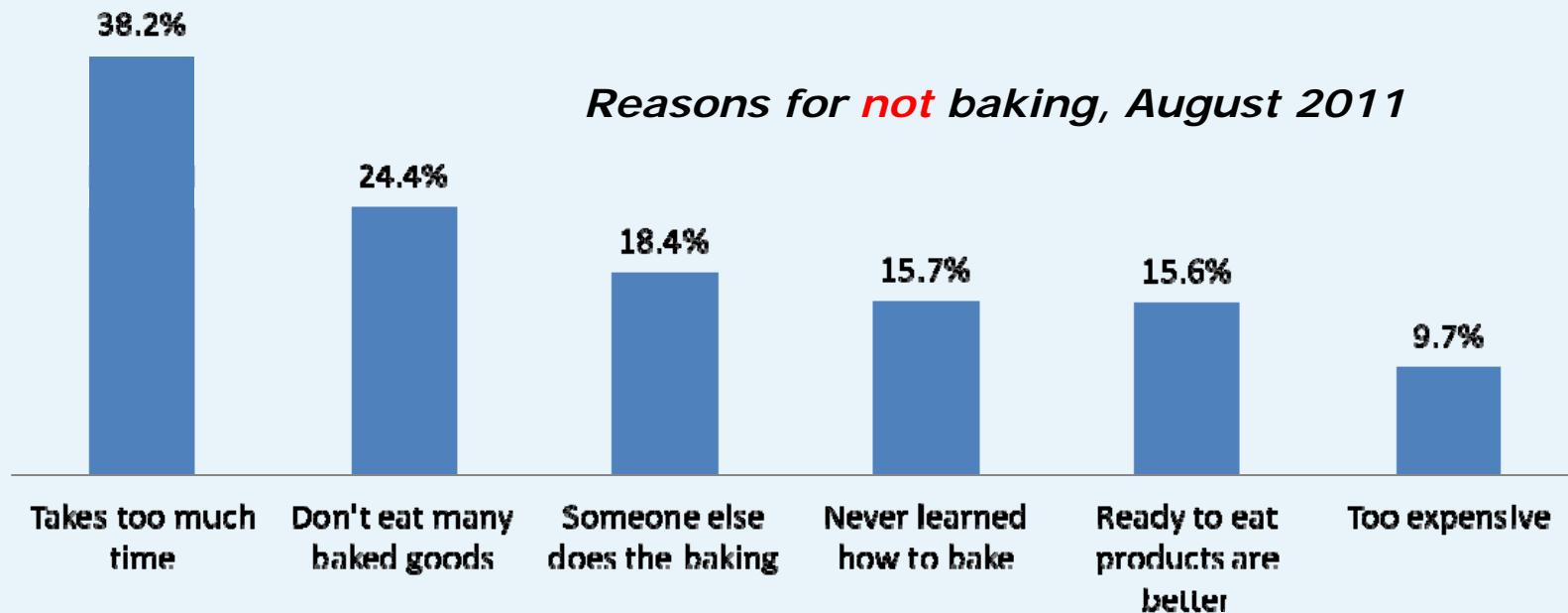
Source: Mintel, 2011, Home Baking Association survey

Base: 1,920 internet users aged 18+ who bake or are primary household shoppers



Reasons for not baking

- “Takes too much time” would come down with more skills and experience; convenience products, (only 19% say this is an issue in the UK)
- “Don’t eat” should be explored – Why? Taste? Health? Convenience?



Source: Mintel

Base: 1,121 internet users aged 18+ who bake less than weekly

What are people baking?

“Which, if any, of these have you baked at home in the last six months (from a mix)?”, August 2011

“Which, if any, of these have you baked at home in the last six months (from scratch)?”, August 2011

	Total	Daily bakers	Weekly bakers	Shoppers not bakers
	%	%	%	%
Any from mix	80.8	81.3	89.2	74.4
Brownies	53.2	49.5	60.9	47.9
Muffins	39.5	45.8	47.8	32.7
Biscuits	39.1	34.6	44.6	35.4
Standard cake (e.g. Sponge)	38.8	42.1	48.2	31.4
Small cakes (e.g. cupcakes)	38.3	45.8	47.4	30.7
Cookies, including bar cookies	34.5	35.5	36.5	32.9
Batters (e.g. custards or puddings)	26.9	39.3	36.5	18.5
Pizza	24.8	32.7	31.7	18.8
Bread	15.1	26.2	21.8	8.9
Sweet breads (e.g. banana)	14.9	25.2	20.6	9.6
Pastries (e.g. cream puffs)	11.5	27.1	17.5	5.5
Sweet pies and tarts (e.g. apple pie)	10.9	19.6	15.3	6.7

	Total	Daily bakers	Weekly bakers	Shoppers not bakers
	%	%	%	%
Any from scratch	66.1	89.7	81.7	52.2
Cookies, including bar cookies	39.8	54.2	53.8	28.0
Sweet breads (e.g. banana)	29.1	46.7	41.2	18.3
Sweet pies and tarts (e.g. apple pie)	28.8	52.3	40.5	17.7
Pizza	25.3	51.4	34.5	15.8
Biscuits	24.0	55.1	35.6	12.2
Bread	23.5	46.7	34.3	13.1
Muffins	20.9	42.1	30.1	11.9
Small cakes (e.g. cupcakes)	20.7	38.3	31.1	11.2
Standard cake (e.g. Sponge)	20.5	41.1	30.4	11.0
Brownies	17.3	36.4	24.4	10.1
Batters (e.g. custards or puddings)	15.1	39.3	21.9	7.6
Pastries (e.g. cream puffs)	11.7	30.8	18.5	4.7

Source: Mintel; August 2011; Base: 1,920 internet users aged 18+ who bake or are primary household shoppers (107 Daily bakers; 772 weekly bakers; and 1,041 primary shoppers who bake less than weekly)

Cooking/Baking Attitudes

20s significantly lower than 40s on:

- I like to cook in general
- Cooking for others gives me a great deal of satisfaction
- I will not sacrifice taste for convenience
- The kitchen is my favorite room

Both groups scored similarly:

- I like to see others enjoy the meals I make
- I like to bake

20s significantly higher than 40s on:

- I cook the same meals over and over
- I typically don't know what to serve for dinner until an hour or two before dinner
- I would like to improve my cooking skills
- I want to make traditional meals, but I don't have the time
- I want to make traditional meals, but I don't know how
- I would like to bake more often, but just don't have the time
- I am afraid I'll just eat it...

Help Today's Youngest Cooks/Bakers

Keep it simple.

However, not just easy, but "easy wow". They eat out a lot. Their tastes are more sophisticated than those of previous generations of 20-Somethings.

Meal prep times s/b 20-30 minutes, or less.

Offer brief cooking/baking instruction... "how to" shots, short cuts, tips

Don't talk down to them - they're educated and savvy, just not in the kitchen.

Talk about cooking in a positive way, not from a guilt angle.

don't subscribe to cooking guilt, see cooking as a choice, not an obligation

Position cooking/baking as way to forge strong family meal times/bonds, great for get-togethers with friends, and/or the building of family traditions.

Lynn Vettel, 2005 HBA Annual Meeting, General Mills Betty Crocker Test Kitchens

Students can Share their Wealth

- There are many motivations for consumers to learn to bake.
 - #1 - baking as a treat for oneself, family or friends
 - #2 - control of ingredients (this one is under-explored)
 - #3 - a fun thing to do with kids
- 33.1% of consumers say that they would bake from scratch more often ***if they knew how:***
 - 53% of 25-44s
 - 39% of households with kids
 - 57.7% of Asians and 44.4% of Hispanics
 - Teach them!
- Help them join the 41.5% of respondents who say that baking is a part of the way they live, rather than something they do just to get baked goods.



- Share the Wealth
- Teach those you teach to pass it on
- Older help younger
- Teach leaders, parents...

The Thrill of Skill

Age-Appropriate Kitchen Tasks

Let older children help teach younger ones – everyone benefits!

2 years old:

Proper hand washing
Wipe table tops
Play with safe utensils
Scrub, wash, tear, snap, break into pieces
Move pre-measured ingredients from one place to another
Add ingredients to a bowl

3 years old: All of the above plus...

Handle dough, begin kneading, simple shaping
Pour cool liquids into mixture
Mix dry ingredients with wire whisk or spoon in extra large bowl
Shake liquids
Spread soft spreads
Place things in trash

4 years old: All of the above plus...

Peel loose skinned oranges; hard cooked eggs
Form round shapes with dough
Mash fruits (bananas) or cooked vegetables
Cut with dull scissors (snip green onions, dried fruits)
Set table

5 to 6 years old: All of the above plus...

Help measure dry ingredients (stir, spoon, level)
Cut with a blunt knife (plastic or tableware)
Use a hand held egg beater or whisk
Crush crackers in a bag with a rolling pin
Sprinkle ingredients on salads, cakes, cookies, casseroles

6 to 8 years old: All of the above plus...

Clean surfaces before and after
Wash fruits and/or vegetables
Gather ingredients and equipment
Grease or spray baking pans
Measure dry ingredients
Measure liquid ingredients
Add measured dry and liquid ingredients into mixing bowl
Learn to crack eggs
Cut fruit, butter or margarine sticks on cutting board (plastic or table knife)
Push buttons on blenders, processors with adult
Knead dough
Preheat oven (adults help load products in hot oven)
Wash dishes, put away ingredients or utensils

9 to 12 years old: All of the above plus...

Learn safe knife skills (chopping, dicing, and cutting)
Handle food equipment safely
Place oven racks and load oven (while oven is cold)
Safe operation of electric equipment (mixer, microwave, bread machine food processor, etc.)
Follow a recipe (measure accurately, prepare a product)
Read ingredient and food labels
Safely handle/store ingredients/finished products
Plan and prepare simple meals, snacks
Clean up (how and what to wash in dishwasher or by hand)

13 years old and up: All of the above plus...

Tasks requiring multiple preparation steps or close timing
Create new flavor combinations, shapes or decoration
Plan and prepare whole menus for meals or entertaining
Make shopping lists and shop for ingredients
Help younger children learn about food and how to prepare
Enjoy cooking with peers



Use Relevant Messaging

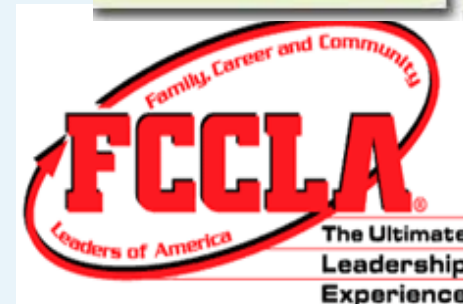
- Because 20-Somethings were raised differently than previous generations, avoid June Cleaver or “Super Mom” messaging/representations of women.
- High percentage of daily bakers are men!
- Great “how to” DIY videos! Click Glossary
- Member links offer how-to, On-line, apps to guide shopping/substitution/how-to

→www.homebaking.org



Partnerships = sum greater than parts

- School classrooms
- After school programs
- Summer programs
- Camps
- SNAP/EFNEP
- Family & Consumer Sciences
- At-home educators
- Education trade media
- Parents as Teachers





Parents as Teachers

Bringing kids into the kitchen helps them...


- Count, measure, order thinking... 1st, 2nd, 3rd
- Add new foods
- Explore senses—smells, tastes, sounds
- Boost confidence, coordination
- Include: healthykidschallenge.com
- www.kidsacookin.org
- www.learningandlivingwell.org



Teen Leaders

- Peer to peer
- Early childhood centers
- School enrichment
- After school programs
- Service + Learning
- Food Literacy
- Math, reading, culture
- Eye-hand coordination
- **Active** lifestyles cook, garden, bake





Rustic Country Fruit Tart

Ingredients:

- 1½ cups pastry or all-purpose flour*
- ¼ teaspoon salt
- ½ cup cold butter
- 4 to 5 tablespoons cold water
- 1 teaspoon cider vinegar, optional
- ½ cup packed brown sugar
- ¼ cup cornstarch
- 1 teaspoon ground cinnamon
- Pinch ground nutmeg
- 2½ cups peeled and sliced tart pie apples
- 1½ cups fresh or frozen tart cherries
- 2 tablespoons cold butter, cut into small pieces

*Pastry flour may be whole wheat or enriched flour.

Cover dried fruit with cold water for 5 minutes and drain.

Preparation Time: Crust 10 minutes, fruit 15 minutes
Baking Time: 40 to 50 minutes
Makes: One tart
Serves: 8

Directions:

1. Preheat oven to 375 °F.
2. Combine flour and salt in medium bowl.
3. Cut ½ cup butter into flour mixture using pastry blender, fork or two knives until mixture resembles coarse crumbs.
4. Stir vinegar into ice water and sprinkle 3 to 5 tablespoons of cold water over flour mixture, tossing with a fork, until the mixture is moistened.
5. Press the dough together into a disc, about 1½-inch thick and four inches across. Wrap the disc in plastic wrap, waxed paper or parchment and refrigerate up to 4 hours or overnight. Or freeze to firm.
6. Combine brown sugar, cornstarch, cinnamon and nutmeg in large mixing bowl. Add fruit and stir to coat with sugar mixture.
7. Roll crust pastry into 12- to 14-inch circle and place on ungreased baking sheet pan, pie pan or oven safe plate.
8. Place fruit filling in center of crust, heaping it up in the middle; dot with 2 tablespoons butter and pull crust up 2 to 3 inches over the filling, all around the circle, overlapping dough slightly.
9. Press overlapping dough gently, leaving a 4-5-inch center circle open with fruit showing. Brush crust with milk; sprinkle with sugar.
10. Bake at 40 to 50 minutes. Cool on wire rack 15 to 20 minutes or more.

Family Activity:

To make hand held pies: On Step 5 make four small discs. Roll out each small disc to 6-inches across; place 2 inches apart on baking sheet lined with parchment paper. Fill with fruit and dot with 1 teaspoon butter for each tart. Pull up dough leaving a small 1-inch opening. Sprinkle with sugar and bake 20 to 25 minutes.

Nutrition Facts (1 serving/100g)
 Calories: 348, Protein: 3g, Carbohydrates: 53g, Dietary Fiber: 9g, Fat: 15g,
 Saturated Fat: 9g, Mono Fat: 6g, Cholesterol: 38mg, Calcium: 32mg,
 Potassium: 52mg, Sodium: 177mg

Fun Fact:
 The most favored pie in the United States of America is Apple Pie!

Vocabulary:
Fruit Tart:
 an open crust pastry, topped with sweetened fruit.



71% of those you train pass it on.



Food Educator Awards Programs



2011 First Place: *Cookie Caper*

Marla Prusa, Family & Consumer Sciences Educator
Howells Pubic Schools, Howells, NE

Runner-up: *Mama Mia, That's a Healthy Pizza*
Lois Stoll, FCS Educator
Benjamin Logan High School,
Bellefontaine, OH

Educator Award

WHO

Anyone who teaches baking!
A classroom educator or community leader teaching baking to Pre-K to 12th grade.

WHAT

Submit baking lesson or activity for annual Home Baking Association Educator Award.

WHY

Receive national recognition and share with other educators
creative baking activities and lessons.
WIN \$1,000 and a trip for two to the Home Baking Association Annual Meeting to present winning program!

HOW

Enter electronically or by postal mail.

WHEN

Entry deadline is March 31.

Question? Go to www.homebaking.org or call 785.478.3283

Do you teach food skills or baking in a classroom or community program? You are eligible to **WIN \$1,000!**



10th Anniversary



"Stirring Up Health" Middle School Recipe Contest

Healthy Kids Challenge, a nonprofit leader providing simple, fun solutions for teaching kids and families the enjoyment of healthy, announces the 10th annual middle school recipe contest, "Stirring Up Health".
Educational partners include Johnson & Wales University and Home Baking Association.

WHEN: Contest opens September 1, 2011 - March 2012
Winners announced April 2012

WHO: Open to all 7th and 8th graders

HOW: Entry form online after Sept. 1 at www.healthykidschallenge.com



PRIZES: Continental U.S. winners receive a gift package and a Chef for a Day visit at their school. A JWC chef will prepare the winning recipe with the student and share his expertise at a school event.



Healthy Kids Challenge (HKC), a nationally recognized nonprofit, helps school, community, business, and health leaders take action for kids to eat, move, and enjoy a healthy balance. www.healthykidschallenge.com

Johnson & Wales University (JWC), is a world-class university, where students have an opportunity to pursue a career education in business, hospitality, culinary arts, or technology. www.jwu.edu

Home Baking Association, has a mission to promote home baking by providing educators tools and knowledge to perpetuate future generations of home bakers. www.homebaking.org

Learn more @
www.homebaking.org

Healthy Kids Challenge
Stirring Up Health
www.healthykidschallenge.com

Resources @ www.homebaking.org

Research based
Classroom and youth tested
Written by Family & Consumer Sciences
professionals
Link with test kitchens/food pros
National FCS Standards integrated



PORTABLE KITCHEN
ABLE KITCHENS



JBS CLASSROOMS CAM
OMS CAMPS CLUBS CL

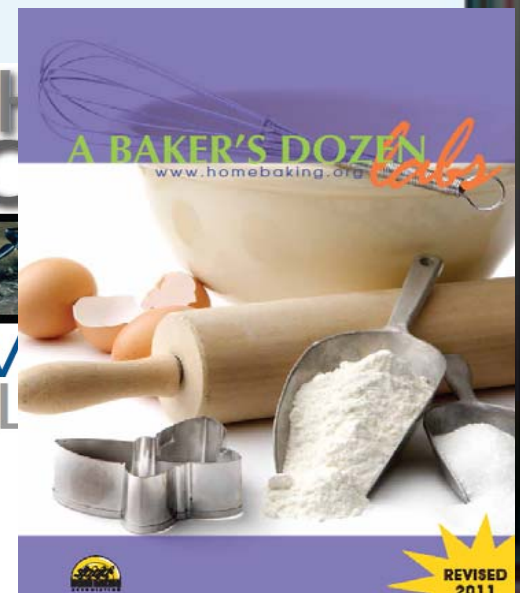
ELECTRIC SKILLET WITH LID	TABLE COVERS
POWER STRIP	SOFT EXTENSION CORD
POWER FOODS	

2-LEVEL SYSTEM
DIMENSIONS:
33 1/4" X 20 1/4" X 14 3/4"
116 QT CRATE



www.homebaking.org

FLOUR	CUTTING MATS
SUGAR	DISH PANS
	SHEET PANS
	PIZZA PANS
NESTED MIXING BOWLS	PAPER TOWELS



Great Resources for Teaching Baking



DIY



The Home Baking
Do-It-Yourself Channel



Quilt Patch Cake Decorations

Ingredients:

3 cups powdered sugar
½ cup butter or margarine, softened
1½ teaspoons vanilla
2 to 3 tablespoons milk
Piped frosting, string candy or fruit leather
Colored frosting
Colored sugar (See Rainbow Sugar Chart page 66)
Candies, nuts or dried fruits

Directions to Decorate Cake:

1. Combine powdered sugar and butter in medium mixing bowl and mix until light and fluffy.
2. Stir in vanilla and gradually add milk. Beat until smooth and spreading consistency. Divide and color for decorating, as desired.
3. Frost the surface of the cooled cake with a thin layer of white frosting.
4. Divide the cake with piped frosting or string candy or fruit leather into 12 even squares to create a patch quilt pattern on the top of the cake.
5. Decorate each square with frosting, colored sugar, candies, nuts, dried fruits to create quilt patterns on the cake.

Family Activity:

Let each family member decorate a square for a family quilt cake. Use triangles, home-made snowflakes as stencils and other patterns cut from baking parchment paper to help make designs.

Nutrition Facts (1 serving/131g) cake with frosting
Calories: 494, Protein: 4g, Carbohydrates: 73g, Fat: 14g, Saturated Fat: 9g, Mono Fat: 4g, Poly Fat: 1g, Cholesterol: 89mg, Calcium: 67mg, Potassium: 42mg, Sodium: 357mg

Fun Fact:

American folk art includes many shapes and colors to create quilt patterns. Quilts were a way to make "something out of nothing" using leftover scraps of fabric to create a beautiful pattern.

Vocabulary:

Quilt: a bed cover filled with down or cotton and stitched together in lines and patterns that often have a theme or tell a story.

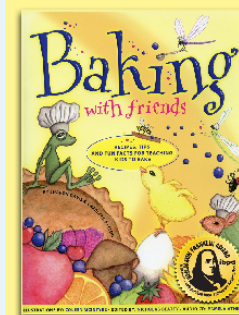
- www.homebaking.org
- E-news for educators
- Lessons, activities
- New! Baking Science Labs
- Links, what's new from test kitchens, consumer affairs
- Ingredient Guides
- Glossary
- DIY on-line how-to videos
- DVDs
- Worksheets, interactive

Service Learning... at home, community, school

- Children love to see their skills build.
- Help them make meals and traditions happen, save money and resources for their families, friends for true self esteem.
- Consider “baking for funds” to lend a helping hand...
- www.greatamericanbakesale.org
- www.bakeandtakeday.org

Baking with Friends Fundraiser

Baking with Friends: Recipes, Tips, and Fun Facts for Teaching Kids to Bake



By Sharon Davis and
Charlene Patton

ISBN: 0971236828
Hardback - 74 pages - 8.5 x 11
\$20.00, includes 60-min CD



2011 Benjamin Franklin
Award winning book!

Encourage families to bake together with the 2011 Benjamin Franklin Award winning book! Dragonfly Bakers and Bumblebee Spice Specialists will generate excitement for parents and children of all ages learning to bake.

- Each book sells for \$20
- Earn \$5.00 for each book sold
- Downloadable Sales & Order Forms
- Purchase Orders Accepted
- Case orders only
- 20 books per case

Baking with Friends includes:

- 31 recipes - each includes a Fun Fact, Vocabulary Word and Family Activity
- pages of baking resources
- Age-Appropriate Kitchen Tasks
- Ten Tips for Baking Success
- Baking Skills Check List
- Measurement & Ingredient Substitutions Guide
- Reading List for Baking Literature
- Baking Certificate
- Glossary



Fun Fact:

Each recipe includes a fun fact about how the food is prepared, as well as interesting food trivia.



Vocabulary:

Find out the meaning of baking and food related terms as descriptions are partnered with each recipe.



Unique Fundraising Opportunity for Groups

If your youth group or organization would like information about using Baking with Friends as a fundraising tool, please contact the Home Baking Association for more info. Our unique program presents a profitable opportunity for those interested in raising funds and increasing public awareness about their programs.

For more info, contact: HBAPatton@aol.com - 785-478-3283

Plan the Work, Work the Plan

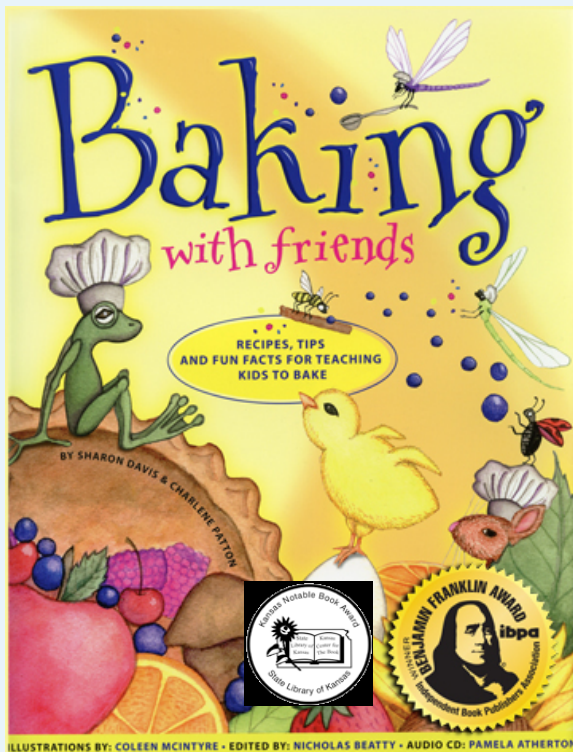
Make sure that you use the **FCCLA Planning Process** when you are putting together your service-learning projects!

Write your plan here!	Identify Concerns
	This is the section to use when you're thinking about the needs of your community. Investigate what problems or issues need to be solved. What is the cause? What is helping? What is hurting? Make sure to do your research!
	Set a Goal Select one community need. What do you hope to accomplish with your service-learning project? How will you know when you've met the need?
	Form a Plan Include who, what, where, when, why, and how. You can also include what resources you'll use. How will you incorporate what you're learning in the classroom with what you're doing in the community? Remember to partner with other organizations that are available.
	Act Put your learning and service into practice in your community! Make sure to keep detailed records of what you're doing so that you can use the information in future job interviews and on your resume.
	Follow Up A big part of service-learning is reflection. What went well with your project? What could you have done differently? What other projects can you do in the future?

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Baking with Friends

Host a food literacy event



- 74 pages
- 31 Easy-to-follow recipes
- 31 Fun Facts
- 31 food vocabulary words
- *The Thrill of Skill*—age-appropriate task guide
- Top 10 Tips for baking success with children
- Skills Check-list
- Baking Certificate
- Glossary



Designer Oatmeal Cookies

Ingredients:

- 1/2 cup whole wheat or all-purpose flour*
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1/2 cup packed brown sugar
- 1/2 cup sugar
- 1 egg
- 1/2 teaspoon vanilla
- 1 1/2 cups uncooked quick or old-fashioned oats
- 3/4 cup chocolate baking chips or moist raisins or dried fruit**
- 1/2 cup chopped nuts or sunflower seeds, unsalted, roasted

* For moist dried raisins, soak raisins in water for 5 minutes and drain.

Preparation Time: 30 minutes
Baking Time: 8 to 10 minutes
Makes: 2 dozen
Serving: 1 cookie

Directions:

1. Preheat oven to 375 °F.
2. Combine flour, baking powder, baking soda, cinnamon and salt in small mixing bowl.
3. Combine butter, brown sugar, sugar, egg and vanilla in large mixing bowl. Beat until creamy.
4. Add flour mixture and oats to creamed mixture and thoroughly combine.
5. Add baking chips or fruit and nuts.
6. Drop by teaspoonful onto an ungreased baking sheet. Bake 8 to 10 minutes. Cool on baking sheet for 2 minutes; remove to wire cooling rack to finish cooling.

Fun Fact:
Oatmeal was once thought good only for horses and those with little money. It took a while for oats to be used in baking. One of the earliest oatmeal cookie recipes appeared in 1906.

Family Activity:
This cookie combines the first (chocolate chip) and second (oatmeal raisin) most popular cookies in the U.S. Select optional ingredients to create your own family "designer" cookie. Package cookies to give as holiday gifts to relatives, neighbors, teachers, coaches and special friends.

Vocabulary:
Hospitable: welcoming and generous to guests. Always try to be hospitable, the favor might be returned.

Nutrition Facts (1 serving/24g)
 Calories: 116, Protein: 2g, Carbohydrates: 16g, Dietary Fiber: 1g, Fat: 4g,
 Saturated Fat: 3g, Mono Fat: 1g, Cholesterol: 19mg, Calcium: 12mg,
 Potassium: 63mg, Sodium: 65mg

Oven, or not...

- Make and take dry mix

Designer Oatmeal Cookies

- Griddles, skillets

Great Grains Granola, Tortillas

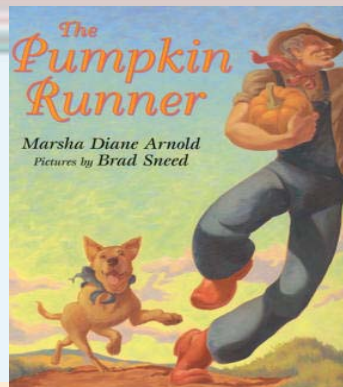
Pumpkin Pancakes

- Grill *Basic WW Pizza, Pita*
- Refrigerated yeast dough

Grandma's Potato Dough

- Crepes, waffles, 'cakes





“Book and Bake” Reading List



Pumpkin Pancakes

Ingredients:

1 cup all-purpose or wholegrain baking mix
 ¾ cup low fat milk
 ¼ cup quick oatmeal or whole wheat flour or cornmeal or flax meal
 ¼ cup cooked or canned pumpkin
 1 egg, lightly beaten
 1 tablespoon packed dark brown sugar
 1 tablespoon melted butter
 ¼ teaspoon ground cinnamon
 ⅛ teaspoon ground nutmeg
 ⅛ teaspoon ground ginger
 Vegetable oil

Preparation Time: 10 minutes
Baking Time: 2-3 minutes per side
Makes: 15 pancakes
Serving: 1 pancake

Directions:

1. Preheat griddle or skillet until hot (400 °F).
2. Combine dry ingredients in medium mixing bowl.
3. Combine milk, pumpkin, egg and butter in separate bowl. Add to dry ingredients and mix just until blended. Do not over mix.
4. Brush griddle or skillet with vegetable oil. Griddle or skillet is ready for pancakes when a drop of water sprinkled on the hot surface sizzles.
5. Ladle or pour ¼ cup batter for each pancake onto the griddle or skillet. Space batter 2 inches apart for easier flipping.
6. Bake until tops are bubbly and edges are dry. Turn pancakes only once; bake until golden brown. Serve with fruit sauce, applesauce, honey, pumpkin butter or syrup.

Family Activity:

Make a Pumpkin Butter to spread on the pancakes. In a large saucepan, combine one (29 ounce) can pumpkin, ¾ cup apple juice, 1½ cups sugar, 2 teaspoons ground cinnamon, ¾ teaspoon EACH ground ginger and ground nutmeg and ½ teaspoon ground cloves. Slowly bring to boil and simmer while stirring, about 30 minutes until thick. Serve warm or refrigerate when cooled.

Nutrition Facts (1 serving/31g)
 Calories: 58, Protein: 2g, Carbohydrates: 9g, Dietary Fiber: 1g, Fat: 2g,
 Mono Fat: 1g, Cholesterol: 15mg, Calcium: 19mg, Potassium: 18mg,
 Sodium: 11mg



Fun Fact:

The first recipe for a pancake appeared in an English cookbook back in the fifteenth century.



Vocabulary:

Self-rising flour:
 a blend of all-purpose flour, baking powder and salt.

www.homebaking.org



Baking Certificate

Name

BAKED

What did you bake?



HOME BAKING
ASSOCIATION

www.homebaking.org

Signed by Parent or Baking Leader

Date



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Members

- Argo Corn Starch
- Bemis, Inc.
- Bob's Red Mill Natural Foods
- Cabot Creamery
- California Raisin Marketing Board
- Cereal Food Processors
- Chelsea Milling Company
- Clabber Girl
- Colorado Wheat Commission
- Domino Foods
- Dromedary Mixes
- Farmer Direct Foods, Inc.
- Fleischmann's Yeast
- Gold Medal Flour
- Hodgson Mill, Inc.
- Hopkinsville Milling Company
- House-Autry Mills, Inc.
- Kansas Wheat Commission
- Karo Corn Syrup
- King Arthur Flour Company
- Land O' Lakes, Inc.
- Lesaffre Yeast Corporation
- Nebraska Wheat Board
- North American Millers' Association
- Rabbit Creek Gourmet Mixes
- Share Our Strength/Great American Bake Sale
- Shawnee Milling Company
- Sokol Company
- South Dakota Wheat Commission
- Stafford County Flour Mills Co.
- Stone-Buhr Flour Company
- The J.M. Smucker Company
- The Sugar Association
- Ultragrain Flour/Eagle Mills
- Washington Wheat Commission

Partners

- National Extension Association of Family & Consumer Sciences (NEAFCS)
- Wheat Foods Council