



CANADA
4-H Ontario

www.4-hontario.ca

4-H ONTARIO PROJECT



BREADVENTURE PARTICIPANTS JOURNAL

Credits

The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living, for my club, my community,
my country, and my world.

The 4-H Motto

Learn To Do By Doing

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Project Resource Information:

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Date: February, 2023

Thank you to the 4-H Breadventure Committee members who assisted with the update of this resource.

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Thank you also to the 4-H Associations that piloted the 4-H Breadventure Project and provided feedback.

Carleton 4-H Club ~ Leaders – Cheryl Sullivan, Brianna Sullivan; Participants – Isabella Dooley, Victoria Dooley, Chase Dow (Dundas), Sylvanna Dow (Dundas), Sophie Lebel, Jakub Sienkiewicz

Prince Edward 4-H Club ~ Leaders – Linda Lyons, Louise McFaul, Lynn Ward; Participants – Ava Cassells, Kendra Duggan, Nikolaos Panagintopoulos, Emily Rosriguez, Brock Ruttan

4-H Ontario is pleased to be able to provide project resource reference manuals for use by volunteers in clubs. 4-H Ontario screens and trains volunteers to equip them with the tools to serve as positive role models for youth. With so many topics to choose from, 4-H volunteers are trusted to use these resources to provide safe and quality programming while using their judgement to assess the appropriateness of activities for their particular group of youth. By downloading any 4-H resource, you agree to use it for 4-H purposes and give credit to the original creators. Your provincial 4-H organization may have restrictions on the types of 4-H projects or activities which can be completed in your region.

4-H Ontario grants permission to 4-H Volunteers to photocopy this 4-H project resource for use in their local 4-H program. All information presented in this Project Resource was accurate at the time of printing.

The development of this project resource was generously funded by Agriculture & Agri-Food Canada and the Grand River Agricultural Society.





4-H Inclusion Statement

4-H in Canada is open to all* without discrimination based on race, national or ethnic origin, colour, religion, sex, age or, mental or physical disability.**

4-H is dedicated to providing a safe and inclusive environment that allows for universal access and participation. Where barriers to participation are identified, 4-H will, with reasonable accommodation, adapt programs, rules, policies, or expectations to reduce or remove the barriers.

Any accommodations, changes or exceptions will be assessed on an individual basis, taking into account the individual experience of the member and their family. The physical safety and emotional well-being of members, leaders, staff and volunteers is 4-H's highest priority, and is the ultimate consideration in final decisions.

4-H Canada and local 4-H organizations consider inclusion a priority. Leaders are encouraged to work with individuals and their families to identify and discuss accommodations as required, and to reach out to provincial or national office staff for help with unresolved concerns.

**This applies to youth members (ages 6 to 21), volunteers, leaders, staff and professionals.*

***Definition of discrimination as per Canadian Charter of Rights and Freedoms.*

Déclaration sur l'inclusion des 4-H

L'adhésion aux 4-H au Canada est ouverte à tous les jeunes* sans discrimination fondée sur la race, l'origine nationale ou ethnique, la couleur de la peau, la religion, le sexe, l'âge ou le handicap mental ou physique. **

Les 4-H ont pour mission d'offrir un environnement sécuritaire et inclusif qui permet l'accès et la participation de tous. Lorsque des obstacles à la participation sont décelés, les 4-H adapteront, à l'aide de mesures d'adaptation raisonnables, les programmes, les règles, les politiques ou les attentes afin de réduire ou d'éliminer ces obstacles.

Toute mesure d'adaptation, modification ou exception sera évaluée au cas par cas, en tenant compte de l'expérience personnelle du membre et de sa famille. La sécurité physique et le bien-être émotionnel des membres, des animateurs et des animatrices, des membres du personnel et des bénévoles sont la priorité absolue des 4-H et constituent le facteur ultime à considérer lors de la prise des décisions définitives.

Les 4-H du Canada et les organisations locales des 4-H considèrent l'inclusion comme étant une priorité. Les animateurs et les animatrices sont encouragés à collaborer avec les personnes et leurs familles afin de définir et d'examiner les mesures d'adaptation, selon les besoins, et de communiquer avec le personnel du bureau provincial ou national pour obtenir de l'aide en cas de préoccupations non résolues.

**Ceci s'applique aux jeunes membres (âgés de 6 à 21 ans), aux bénévoles, aux animateurs, aux membres du personnel et aux professionnels.*

***Selon la définition de discrimination en vertu de la Charte canadienne des droits et libertés*

Welcome to Your Breadventure Participant Journal!

A **PARTICIPANT JOURNAL** is like a record book. It is used to document and reflect on your experience with this 4-H project.

By keeping this **PARTICIPANT JOURNAL**, you will:

- Be organized
- Obtain the most out of the project
- Have a record of important dates and contact information
- Have a record of recipes tried at home and your experience
- Have reminders of useful information for the future
- Meet the requirements of the project to receive credit for the club

The knowledge and skills you learn in 4-H projects are for life! This journal will be a reminder and a reference for the future. The journal will bring back memories of what you did, your 4-H friends and leaders.

This **PARTICIPANT JOURNAL** has been designed with some basic information. Additional pages will be added at the discretion of your leader.


Be sure to complete information as completely and neatly as possible. Use a three-ring binder or duo-tang. The completion of this **PARTICIPANT JOURNAL** is an important part of your final Achievement recognition.

Club Participant Responsibilities

Actively participate in at least 2/3 of your club meeting time. Clubs must have a minimum of 12 hours of meeting time.

- Complete the project requirements to the satisfaction of the club Leader(s).
- Complete the Participant Journal; this is an important future reference. There will be activities at each meeting. In addition, participants are required to make and record at least one (1) recipe per meeting from the recipe booklet for their family.
- Older and more experienced participants are encouraged to participate in **KNEADING MORE** activities and to report on their experiences.
- Take part in the Achievement program as determined by the club participants and leader(s).

Bring this PARTICIPANT JOURNAL to every meeting!



The 4-H Pledge

I pledge

My head to clearer thinking,
My heart to greater loyalty,
My hands to larger service,
My health to better living,
For my club, my community,
my country, and my world.



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PARTICIPANTS JOURNAL FOR 20__

Name: _____

Address: _____

Name of Parent(s) or Guardian(s) _____

Age as of January 1: _____ Number of Years in 4-H: _____

Club Name: _____ 4-H Association: _____

Club Participants:

Name	Email	Telephone

Club Executive

President: _____

Vice-President: _____

Secretary: _____

Treasurer: _____

Press Reporter: _____

Leader Name and Contact Information: _____

Leader Name and Contact Information: _____

	Date and Time	Place	Notes – things to bring, remember, etc.
Meeting #1			
Meeting #2			
Meeting #3			
Meeting #4			
Meeting #5			
Meeting #6			
Achievement Program			

Baking And Cooking Skills Checklist

PRE-PREPARATION

I CAN:

- Read and follow a recipe thoroughly
- Find ingredients easily
- Locate tools and equipment with ease
- Demonstrate top notch personal hygiene practices for food and kitchen safety
- Wash my hands properly

MEASURING BASICS

I KNOW:

- Kitchen measurements
 - Measuring spoons
 - Dry measures
 - Wet measures
- How to measure flour, sugar and other dry ingredients including baking powder, baking soda, spices, etc.
- How to measure water, milk, juice and other liquid ingredients
- How to measure fat in various ways
- How to measure brown sugar
- How to weigh ingredients to achieve the best baking and cooking results

MIXING METHODS

For this project I KNOW:

- How to proof yeast
- The muffin or blending method
- The biscuit/scone method
- How to make pizza dough

TERMS AND TECHNIQUES

For this project I CAN:

- Separate an egg
- Sift dry ingredients
- Cream ingredients
- Cut-in ingredients
- Knead
- Peel
- Mince
- Dice
- Cube
- Chop
- Slice
- Grate or shred
- Roll out
- Boil

EQUIPMENT

I KNOW HOW TO USE THE FOLLOWING SAFELY:

- Knives of all kinds including pizza cutters
- Small appliances
 - Hand mixer
 - Stand mixer
 - Food processor
 - Food immersion blender
 - Electric kettle
- Microwave oven
- Range top
- Oven
- Dishwasher

MEAL PLANNING

I KNOW:

- How to plan meals
- Set a table
- Dining etiquette

CLEAN-UP

I KNOW:

- How to compost properly
- How to recycle
- How to wash, dry and put away dishes
- How to use a dishwasher
- How to store food properly
- How to clean counters, work surfaces and floors

In this 4-H project I would like to work on:

ROLL CALL RECORD

	Roll Call	My Answer:
Meeting #1		
Meeting #2		
Meeting #3		
Meeting #4		
Meeting #5		
Meeting #6		



Meeting # and Topics	3 Take-Aways for me For each meeting, record three (3) things that you feel you learned
Meeting #1 Bread Bread Bread? <ul style="list-style-type: none"> • Breads of the World, The Diversity of Bread • Food and Kitchen Safety • Tools and Terminology • Recipe Reading 	
Meeting #2 Bread Making Basics <ul style="list-style-type: none"> • Ingredients Essential in Making Yeast Breads • Techniques used in Making Yeast Breads • Bread and Canada’s Healthy Eating Guidelines 	
Meeting # 3 Variations on a Theme <ul style="list-style-type: none"> • Preferments • No-Knead Breads • Batter Breads • Cold Fermentation • What’s in a Name – Rustic? Artisan? 	
Meeting #4 Beyond Yeast <ul style="list-style-type: none"> • Non-yeast leavening (rising) agents • Muffins and Loaves • Biscuits • Scones 	
Meeting #5 How Sweet It Is <ul style="list-style-type: none"> • Soft and Sweet, Rich Doughs • Bread and Cultural Connections • Shaping Rolls • Gluten-Free Breads 	
Meeting #6 For the Fun Of Bread <ul style="list-style-type: none"> • How bread can be part of meals, snacks, and celebrations • Why Bread Goes Stale • Bread Storage • International Breads 	

Recipes Made At Our Meetings

Meeting #	Name of Recipe	My Comments
Meeting #1 Bread Bread Bread?		
Meeting #2 Bread Making Basics		
Meeting # 3 Variations on a Theme		
Meeting #4 Beyond Yeast		
Meeting #5 How Sweet It Is		
Meeting #6 For the Fun Of Bread		

Recipes Made At Home



Date	Recipe	My Comments	Comments from friends or family

10 BREADS FROM AROUND THE WORLD

People all over the world eat bread in many shapes, sizes, and flavours. An essential ingredient is flour, usually ground from locally grown grains. The most popular bread-making grain used in Canada: _____.

Match the breads on the left to their description on the right. On a world map locate where these breads are mainly enjoyed.

A. Lefse	1. Noodle dough dumplings from Asia. Filled with spiced meat and boiled in soup or fried and eaten as a side dish.
B. Pita	2. Corn dough patted into thin, flat rounds and fried on a hot griddle. This is the daily bread in a country on the same continent as Canada. These can also be made from flour.
C. Wonton	3. Flat, chewy rounds of bread served with curries or with peanut butter and honey, cheese and tomato, or just butter. They are from the country of the Taj Mahal.
D. Bagel	4. Pocket breads from the Middle East that are round, flat and hollow inside.
E. Tortilla	5. Originally from Australia, this type of bread consists of the basics of many breads – flour, water, salt and sometimes milk. Sometimes baking soda is added as a leavening agent. Damper bread is usually eaten with stew.
F. Bauernbrot	6. Like biscuits but cut into big thick triangles or rounds and baked. They are enjoyed for tea in a country on the island of Great Britain.
G. Scone	7. A Norwegian flat bread made from mashed potatoes, flour and liquid and then fried on a griddle
H. Chapati	8. Sometimes called a farmer's bread, this hearty rye bread is a standard in many southern German homes. Traditionally it baked in age-old, wood fired ovens.
I. Bannock	9. This Aboriginal staff of life was traditionally made of corn and nut meal, and a kind of flour made from ground plant bulbs. While there are many versions and various ways of baking, some recipes have added dried or fresh fruit.
J. Damper	10. Chewy baked roll with a hole, often eaten with cream cheese. Brought to North America by Polish immigrants.

B.L.M 1.2

FOOD AND KITCHEN SAFETY - TRUE/FALSE

1. Raw flour, baking mixes, batters and doughs are not ready to eat and must be thoroughly cooked or baked before eating to prevent illness from bacteria. **TRUE FALSE**
2. Wash hands, tools, and surfaces after mixing and handling batter or dough. **TRUE FALSE**
3. Tools, work surfaces and equipment need hot, soapy water or the dishwasher. **TRUE FALSE**
4. Before working in the kitchen, tie back long hair, remove jewellery, clean work surfaces, wash hands and assemble ingredients and equipment. **TRUE FALSE**
5. It is important to wear a clean apron and closed toed shoes. **TRUE FALSE**
6. Have a plan for taking hot baking pans from the oven. **TRUE FALSE**
7. Use clean hot pads and insulated oven mitts. **TRUE FALSE**
8. Cool hot baked goods on wire racks so that air can circulate under the pans. **TRUE FALSE**
9. Egg wash glazes should be applied just before the raw food is placed in a preheated oven. **TRUE FALSE**
10. Have a good supply of clean tea towels for covering rising dough. **TRUE FALSE**
11. Unplug electric beaters or stand mixers before removing the beaters. **TRUE FALSE**
12. It is NOT ok to throw a tea towel over your shoulder. **TRUE FALSE**
13. If you spill ingredients on the floor, clean up immediately to avoid anyone slipping. **TRUE FALSE**
14. Never put your hand into a mixer or any other equipment that has a moving part. **TRUE FALSE**
15. Dull knives cause more accidents than sharp ones. Keep knives sharp. **TRUE FALSE**

Kitchen Dictionary Some Tools And Terms Relevant To Bread Making

For each of the following terms fill in the missing letters and then add the name of tools or equipment that would be used (where possible)

1. B_ _ _	To cook in the oven	
2. B_ _ _	To mix food hard and fast with a spoon or electric mixer.	
3. B_ _ ND	To mix two or more ingredients together until combined in a harmonious mixture	
4. B_ _ _	To cook something until it bubbles fast and keeps on bubbling	
5. B_ _ _ _	To cook food right next to the top heat in an oven	
6. B_ _ _ _	To spread something over food	
7. CH_ _ _ _ _ _ _	To cut in thin strips of fresh herbs or lettuce	
8. CH_ _ _	To keep food in the refrigerator until it gets cold	
9. C_ _ _	To cut food roughly into small pieces	
10. C_ _ _ _	To beat butter or shortening until soft, usually with sugar	
11. C_ _ - _ _	To mix shortening or butter into a flour mixture	
12. C_ _ _	To cut food into small squares (1/2 inch)	
13. D_ _ _	To cut food into very small squares (1/4 inch)	
14. D_ _ _ _ _	To punch down so that air is released, sometimes using forks to bring sides of dough into centre	
15. G_ _ _ _ _	To cover the sides and bottom of a pan with fat	
16. K_ _ _ _	To fold dough back and forth with the heels of your hand	
17. M_ _ _	To heat something until it turns into a liquid	
18. M_ _ _ _	To cut or chop food into very very small pieces	
19. P_ _ _ _	To make yeast come alive and start growing / To make dough come alive and start growing	
20. SH_ _ _	To cut or tear food into long thin pieces	
21. S_ _ _	To shake flour, icing sugar or cocoa	
22. S_ _ _	To mix food in a circular motion for a long time	

International Bread Mystery

International breads have become popular parts of our food enjoyment. Use the clues to identify characteristics of 4 specialty breads. Read a clue and place the letter in the appropriate box.

BAGELS	NAAN
PITA	TORTILLAS

- a. A soft, thin flatbread made with wheat or corn
- b. Made by boiling the dough in water for a short time before baking
- c. Numerous types, flavours and toppings
- d. A flatbread of the Middle East and the Mediterranean
- e. Made with flour, yeast, salt, yogurt and sometimes, egg
- f. Cooked in a very hot oven to make the air pocket
- g. Traditionally split with smoked salmon and cream cheese on top
- h. Made into numerous dishes such as enchiladas, burritos, wraps and tacos
- i. A flat bread from India
- j. Cooked on a griddle and brushed with butter before baking and after
- k. Usually made with flour, salt, yeast and olive oil

What other International breads do you like?

What International breads would you like to try?

Project Summary For Breadventure

A. Participant Comments

3 things I learned in this project...	The meeting or topic that I thought was most interesting...
2 topics that I would like to learn more about...	Thinking of bread and bread making, I still wonder about
1 recipe that I would still like to try...	As a result of completing this project I think I will....
Anything else I would like to say...	

B. Parents/Guardians Comments

C. Leader Comments

This project has been completed satisfactorily:

Participant: _____

Leader: _____

Date: _____

Leader: _____