

## Foods #TCDProjectChallenge Instructions:

- Read through the Lesson Plan.
- Complete the challenge.
- Fill out the Lesson Worksheet (include circling your age level, Before and After Self-Evaluation, Life Skills Learned, Leadership (if applicable), Evaluation, Citizenship, Signature and Date).
- Take a picture during some part of your Challenge.
- Email your challenge picture and a picture of the front and back of your completed Lesson Worksheet to [pmaddy@ksu.edu](mailto:pmaddy@ksu.edu) or text it to 785-877-7262.
- Challenge pictures will be posted (not the worksheet pictures) on our respective county 4-H Facebook pages and our Twin Creeks District Facebook page.
- Your name will be entered into a drawing for a project prize that will be given at our 2020 Achievement Banquet next fall.
- Each time you complete a challenge, your name will be entered into a drawing for that project area.
- You can complete any and all challenges, even if you are not enrolled in 4-H or in that specific project area.
- Challenges are divided into three age groups -- 7 to 9, 10 to 13, and 14 and up.
- Pictures of your challenge and lesson worksheets are due by the last day of the month, February 29, 2020.**
- Printed copies of the challenge can be picked up at your local Extension Office.
- Do not hesitate to contact me if you have any questions ([pmaddy@ksu.edu](mailto:pmaddy@ksu.edu) or 785-877-5755 or 785-877-7262). I am excited to see your pictures and what you learn through these challenges.



**Foods:** *Desserts*

Ages: 10 to 13:

*Grandma's Apple Cake*

**Time:**

*20 minutes to prepare,  
plus 30-40 minutes  
baking time*

**Goal:**

*Cutting apples, follow  
recipe directions and  
using the oven.*

**Self-Evaluation BEFORE:** Using  
the rating scale below, answer  
the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

**I know how to...**

- Break an egg.....1 - 2 - 3
- Wash fruits.....1 - 2 - 3
- Clean a cutting board.....1 - 2 - 3

**Ingredients:**

*See recipe.*

# #TCDDProjectChallenge

**Instructions:**

When we think of February, one of the first things we think of is Valentine's Day — a day that we share cards and sweets with one another. As we all know sweets are a sometimes food but that doesn't mean that we can't enjoy them sometimes.

For your challenge this month, you will be making Grandma's Apple Cake. (This cake is more like a coffee cake and has a coarse texture.)

Please read the enclosed information before making this recipe that is not only fun to make, but fun to eat and share with others.

**Tips & Tricks:**

*Before you start:*

*Get permission from your parents.*

*Read all materials and understand directions.*

*Make sure you have all needed ingredients before starting.*

*Wash your hands with soap and water.*

*Have fun!*

**Foods:** *Desserts*

Ages: 10-13:

*Grandma's Apple Cake*

**Life Skills Learned:**

*(Check all that apply.)*

- Positive Self-Concept
- Inquiring Mind
- Concern for Community
- Sound Decision-Making
- Healthy Interpersonal Relationships

**Self-Evaluation AFTER:** Using the rating scale below, answer the following statements:

- 1 = not at all
- 2 = a little
- 3 = a lot.

**I know how to...**

- Break an egg.....1 - 2 - 3
- Wash fruits.....1 - 2 - 3
- Clean a cutting board.....1 - 2 - 3

**Resources:**

*4-H Cooking 101 and 301  
University of Illinois*

# #TCDProjectChallenge

**Evaluation:**

Why is cooking an important skill to have? \_\_\_\_\_

How can you use the skill that you learned in the future? \_\_\_\_\_

What was the hardest part of the activity? \_\_\_\_\_

**Share:**

- Share your baked product with others.
- Share what you have learned with one of your friends and encourage them to try it.
- Other \_\_\_\_\_

\_\_\_\_\_

*Member's Signature*

\_\_\_\_\_

*Date*

**Patsy L. Maddy, 4-H Youth Development Agent**  
 Jenilee Godsey, Youth Ag - Alyssa Rippe-May, Livestock/Horticulture  
 Keith VanSlike, Ag & Natural Resources - Karen Shepard, FCS  
 Stacy Brown, Director & FCS



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