

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 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 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



Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Twin Creeks Extension District, 785-877-5755.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
 K-State Research and Extension is an equal opportunity provider and employer.