



Enroll in ZSuite Under this Project Name: FOOD-FOOD SCIENCE-Lv 1: The Secrets of Baking

Approved for 2023-24 Project Year

Project Description: What's on your plate explores chemistry, biology, and physics through baking. Youth will use the Food Science Journal to document their experiments. The Secrets of Baking is written for youth grades 6-9 but maybe adapted for younger and older learners.

REQUIRED YOUTH CURRICULUM

[What's On Your Plate? Exploring Food Science Unit 1: The Secrets of Baking Youth Science Journal \(01411Y\), 2014](#)

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

[What's On Your Plate? Exploring Food Science Unit 1: The Secrets of Baking Facilitator Guide \(01415F\), 2014](#)

SUPPLEMENTAL RESOURCES

none

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities and includes, but is not limited to, applications, admissions, access to programs and services, and employment. State 4-H scholarships for education or events are available to all 4-H participants. [Persons with disabilities who wish to request reasonable accommodation may do so by filling out an online form here, or by requesting the accommodation form from their local Extension 4-H office.](#)



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete the three (3) activities and the three (3) Be a Food Scientist exercises in the Youth Science Journal.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Completed What's on Your Plate, Exploring Food Science Unit 1: The Secrets of Baking Youth Science Journal
	A poster (14" x 22") or display illustrating something you learned in the project this year.

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