



4-H Youth Development

Basic 4-H Project Record

Example

Name Ima Four-Her

Project area Food and Nutrition

Years enrolled in this project, including this year 1 Grade 4 Year 2006-07

Beginning of the year

For this project I would like to learn or do:

- Learn to make pumpkin bars this fall
- Help with grocery shopping once a month
- Bake for my family and donations

During the year

For this project I did these things: I tried three different recipe for pumpkin bars. I chose my favorite for a fair exhibit.

I decorated a cake for my mom's birthday.

I baked and decorated a cake for school carnival cakewalk.

I made chocolate chip muffins for club bake sale

I went grocery shopping with my mom and purchased ingredients to make snacks for family.

Served fruits at Extravaganza at fair.

My favorite part of this project was:

Eating what I made,

especially pumpkin bars, and seeing my family enjoy what I prepared.

During the year

List recognition you received in the project.
(Examples: ribbons, certificates, your name in the paper, etc.)

Pumpkin bars - blue ribbon and name in paper

During the year

Attach pictures, clippings, fair exhibit write-ups, project worksheets, or additional pages related to this project.

End of the year

Self-evaluation: Rate yourself on this project experience.
Check (✓) the appropriate column for each line below.

	Great	Good	Okay
What I did	X		
How I feel about this project	X		
I shared with someone else what I did or learned	X		

End of the year

Next year in this 4-H project, I would like to: Try new recipes.

I would like to try cherry bars and homemade pretzels.

Information on this form may be adapted or modified for use with computer, video tape, or audio tape.

... and justice for all

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Name:

Division: (R) Food & Nutrition

Club: 1

Class No.: 521A

Exhibit Item: Pumpkin Bars

Pumpkin Bars

1 ½ cups sugar	4 eggs
2 cups all-purpose flour	1 16-oz. can pumpkin
1 teaspoon baking soda	1 cup cooking oil
2 teaspoons baking powder	
2 teaspoons cinnamon	
¼ teaspoon salt	

Combine sugar, flour, baking soda, baking powder, cinnamon, and salt. Stir in eggs, pumpkin, and cooking oil till thoroughly combined. Spread batter into an ungreased 15x10x1-inch baking pan.

Bake in a 350 degree oven for 25-30 minutes or till a toothpick inserted near the center comes out clean. Cool on wire rack. Frost with Cream Cheese Frosting. Cut into bars. Makes 48.

Cream Cheese Frosting

1 3-oz. package cream cheese
½ cup softened margarine or butter
1 teaspoon vanilla
1 ¾ - 2 cups sifted powdered sugar

In a bowl beat together cream cheese, margarine or butter, and vanilla till light and fluffy. Gradually add powdered sugar, beating well. Add enough powdered sugar to make frosting or spreading consistency. Spread over bars. Cover bars and store in refrigerator.

What was/were your goal(s)?

I like Pumpkin Bars very much. My mom doesn't make them often enough for my satisfaction. If I learn to make them, then we might be able to have them more frequently.

How did you go about working towards your goal(s) (such as processes, steps, and plans)?

I asked my mom about her recipe. I compared her recipe to other recipes in some books and found that the recipes are very similar. Some add a little more sugar, cloves, and nuts. Since I like the Pumpkin Bars just as she makes them, I choose to use her recipe.

I read through the recipe and made sure that I understood it. Then I set the oven and turned it on. I assembled all the ingredients and equipment needed. I measured the ingredients and followed the recipe directions. The ingredients can be mixed by hand, electric mixer, or food processor. I used the food processor because it is fast and makes everything smooth. I put the bars in the oven to bake, set the timer, tested them at the end of the cooking time, removed them from the oven, and let them cool on a wire rack.

While the bars were baking, I prepared the frosting and put it in the refrigerator until the bars had cooled completely. I let the frosting come to room temperature so that it would spread without tearing the top of the bars. After the bars were frosted, I let the frosting dry a bit and then covered and put them in the refrigerator.

What were the most important things you learned as you worked toward your goal(s)?

I learned that Pumpkin Bars are actually a kind of cookie. I was looking for the recipe in the cakes section but couldn't find them. Cookies are classified by the way they are formed and can be soft and cake like or stiff and crisp. I learned that bar cookies are a lot like cake except that they are thinner. To test for doneness, I used a toothpick just like for testing a cake. I learned that Pumpkin Bars are very easy to make. I learned how to make Cream Cheese Frosting. I learned that humidity affects baked products and frosting. When I made the bars for the fair, it was very humid and it took longer for the bars to get done. I had to use more powdered sugar in the frosting to get it stiff.

What ideas or plans do you have for the future based on what you have learned or discovered?

There is another kind of bar that I like—Cherry Bars. I will give them a try the next time I'm hungry. They are made a little bit differently, but making the base is the same.