

UNIT 6

# Yeast Bread

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## Introduction

The art of bread making goes back to very early history. Bread is an important part of the human diet, but for many people, it is much more. Bread making can be a creative art—especially the making of yeast breads. Many people enjoy creating beautiful and unique breads from yeast dough.

Throughout 4-H history, many energetic 4-H'ers have created delightful masterpieces from yeast dough. The aroma and flavor of freshly baked bread remains as appealing today as in years gone by.

In this project you will learn to mix, knead, shape, and bake yeast breads.

## You will learn:

- About the nutritional contribution of ingredients in yeast breads.
- To compare the cost of purchasing yeast breads and making them at home.
- To prepare yeast breads using the conventional and sponge methods.
- To make a variety of yeast breads using white and whole wheat flours.
- How to store yeast breads.
- How to evaluate your yeast breads.

## You will also:

- Study the different types of flour and the characteristics of each in yeast breads.
- Do a demonstration to show others what you have learned from this project.
- Keep a record of what you have done in this project.
- Assist other 4-H'ers with their bread projects.

# Bread . . .

## A Nutritious Food

Breads, along with cereals, rice, and pasta, make up the foundation of a healthy diet. Derived from grains, these foods are rich sources of energy (carbohydrate), provide some protein, are economical, and are naturally low in fat. Breads made with enriched flours also provide thiamine, riboflavin, niacin, and iron. The iron found in bread, as well as in other foods, combines with protein to form hemoglobin, a component of red blood cells that carries oxygen to the body's cells. Whole grain flours contribute fiber to the diet. Fiber, also found in cereals, vegetables, and fruits, aids in digestion and elimination. Nutritionists encourage the use of a variety of flours to add nutrients, texture, and flavor to any loaf of bread.

### The Flour You Use

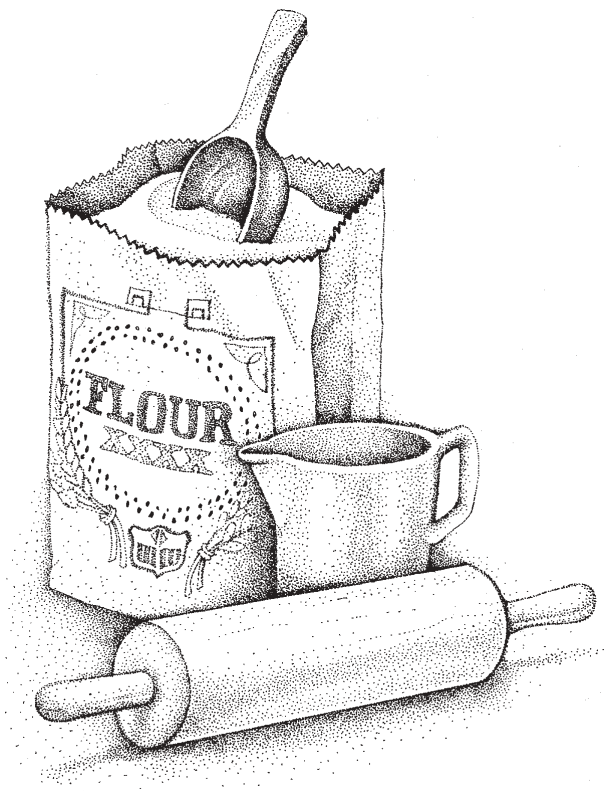
Flour is the basic ingredient in yeast bread. The type of flour you use affects the flavor, texture, and appearance of your bread.

**ALL-PURPOSE FLOUR**—All-purpose flour, a blend of flours, gives satisfactory results for all cooking purposes in the home. It may be a blend of hard-wheat flours, soft-wheat flours, or both hard- and soft-wheat flours.

By a simple test, it is easy to tell the difference between hard-wheat and soft-wheat flours. When hard-wheat flour is rubbed between the fingers, it feels dry and somewhat granular. If a small amount of the flour is pressed together in the hand, it falls apart readily when the hand is opened, showing no imprint of the fingers. When soft-wheat flour is rubbed between the fingers, it feels soft and smooth. When squeezed in the hand, it remains more or less in lumps and shows the imprint of the fingers.

**BREAD FLOUR**—Bread flour has a slightly higher gluten content than all-purpose flour, making it a superior flour for yeast breads. Gluten is formed when the proteins in wheat flour are mixed with water or milk. It provides the framework for yeast bread to rise. The higher gluten content requires that the dough be kneaded for a full 10 minutes. The dough may also require up to 30 minutes longer to rise.

**WHOLE WHEAT FLOUR**—Whole grain flours are made by grinding and milling entire kernels of grain. According to the U.S. Department of Agriculture's specifications for whole wheat flour, no part of the kernel may be removed. The terms "whole wheat" and "graham" are now used interchangeably, both flours having the same composition. Whole wheat and rye are the two whole grain flours most commonly used in making yeast breads, although oatmeal is sometimes used. Most bread recipes use both whole wheat



and all-purpose flour. Whole grain flour does not have as much gluten to provide the framework for the bread to rise.

**RYE FLOUR**—The gluten in rye flour is sticky and lacks the quality that gives it elasticity. Breads made largely with rye flour are compact and moist because they don't rise as much as wheat breads.

## Activity

Many people bake their own bread because they prefer home-baked bread to purchased bread. Others bake their own bread to save money. How much do you think you could save by baking bread at home? Or do you think it is a savings? Find out by completing the activity below.

Select a basic loaf bread recipe and a whole wheat recipe. Determine the costs of making each. Use the table below. Compare the cost of each with the cost of a comparable product bought at the grocery to see which costs the most.

Bread	Made at Home	Purchased
Whole wheat loaf bread (1 pound)	_____	_____
White bread (1 pound)	_____	_____

To determine the cost, use the following:

- \_\_\_\_\_ cost of each ingredient\* totaled
- \_\_\_\_\_ cost of energy (fuel)—estimate this cost
- \_\_\_\_\_ cost per loaf (divide total cost by number of loaves)

These measurements may assist you in your recipe cost. (Don't forget to include the cost for the yeast.)

*Ingredients 1-pound (16 ounces)	Yield (cups)	Weight per Cup (ounces)
Butter, margarine, lard	2	8
Flour, all-purpose	3½	4½
Oil	2	7½
Sugar	2	8
Vegetable shortening	2¼	7

Milk, nonfat dry, 1 ounce = 4 tablespoons

Milk, liquid, 1 quart = 4 cups

## Tips for Baking

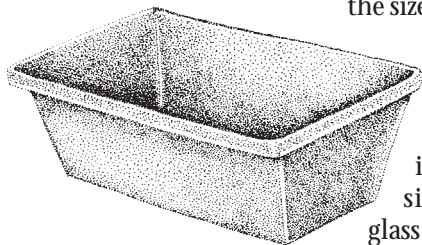
**SURFACE DRYING**—To prevent dough surface from drying, place dough in a greased bowl, turn once, cover, and let rise. Usually surface drying is not a problem when the container holding the dough is covered tightly with a damp towel or plastic wrap.

**SHAPING LOAVES**—For easy shaping of a loaf, roll dough into an oblong, almost rectangular shape about ¼ to ½ inch thick. Begin at one end and roll tightly, as for a jelly roll. Place lengthwise in a greased loaf pan, pushing dough against the sides and bottom of pan. Tuck ends under. Brush top lightly with butter, margarine, or oil. Cover and allow to rise.

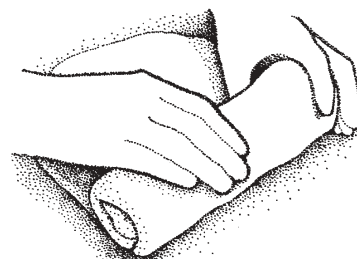
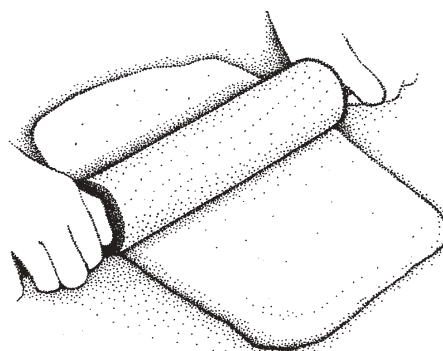
**GREASING PANS**—Grease bottoms of pans and ½ inch up the sides. (Loaf will usually rise higher if sides of pan are not greased any higher than ½ inch.) It is important to use

the size pan recommended in the recipe. If the pan is too large, the dough will not rise.

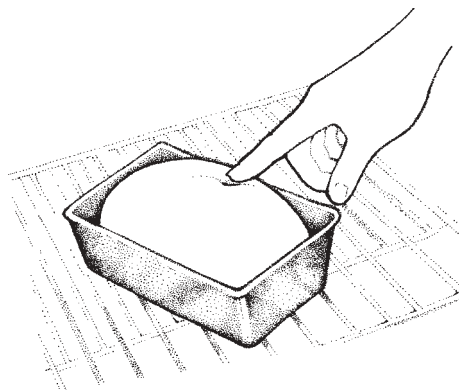
If the pan is too small, it will slip over the sides of the pan. For glass pans, reduce the oven temperature by 25 degrees.



**OVEN RISING**—Bread dough rises best in a warm, humid area. Such an area is easily devised by placing a pan of very hot water on the floor of an unheated oven. Put bread pans on the rack above the water and close the oven door. Allow bread to rise until double in size. Carefully remove bread; also remove pan of water. Preheat oven to desired temperature, return bread to oven, and bake.



**TESTING FOR LIGHTNESS**—After allowing dough to double in size, test it by pressing lightly with your finger near the edge of the bread. When the impression stays, the loaf has risen enough.



**COOLING**—As soon as bread is baked, remove it from the pan so it will not steam and become soggy.

# Mixing Methods

In this project, you will make yeast breads using the conventional and sponge mixing methods.

## Conventional Method

The conventional method is probably the most widely used method of mixing. To dissolve the yeast, measure lukewarm water (105° to 115°F) into a large, warm bowl. If a thermometer is not available, test the water by dropping a few drops on the inside of your wrist. Water should feel very warm but not hot. Sprinkle in yeast and stir until dissolved. Add all of the other ingredients, knead dough, and allow to rise.

## Sponge Method

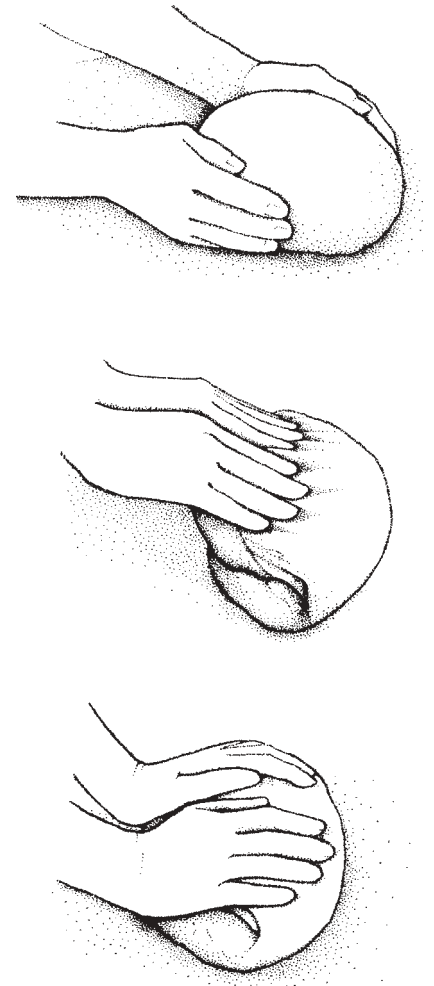
The sponge method is a variation of the conventional method. Dissolved yeast, part of the flour, liquid, and sugar are combined to form a very soft batter (sponge). The sponge is allowed to rise until it is full of bubbles (three to 12 hours); then the remaining ingredients are added to form dough. Usually, the dough is kneaded and allowed to rise as in the conventional method. Sourdough bread is made by the sponge method.



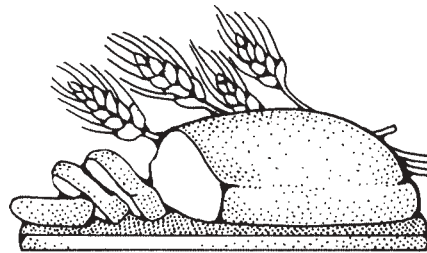
# Kneading Dough

Many recipes call for “kneading the dough.” Dough is kneaded for three reasons: to mix ingredients, to incorporate air, and to develop the gluten of the wheat flour. After mixing the dough according to the recipe, knead as follows:

1. Shape the dough into a ball.
2. Sprinkle only enough flour on a board or pastry cloth to keep the dough from being sticky. Remember, moisture content of flour differs, and sometimes it takes more flour than at other times.
3. Flatten the dough slightly. Pull the back sides of the flattened dough toward you, folding the dough over as you bring it forward.
4. With the heel of your hand, gently push the dough away from you. Do not press hard on the dough; this makes it stick to your hands and to the pastry cloth or board.
5. Repeat this folding, pushing motion until the dough is smooth and elastic—about eight to 10 minutes or 200 strokes. Use a consistent, rhythmic movement in kneading.



# Recipes



## BASIC WHITE BREAD

2 cups milk  
3 tablespoons shortening  
2 tablespoons sugar  
2 teaspoons salt  
1 package dry yeast or yeast cake  
1/4 cup lukewarm water  
6 to 7 cups sifted, all-purpose flour

Heat the milk on low heat. Stir in shortening, sugar, and salt and heat until all ingredients are dissolved. Cool to lukewarm.

In a large, warm bowl, dissolve the yeast in 1/4 cups lukewarm water. Stir until well blended. Add the lukewarm milk mixture to the dissolved yeast. Stir in 3 cups of the flour; beat until smooth with an electric mixer or wooden spoon. Mix in enough remaining flour to make dough easy to handle.

Turn the dough onto a lightly floured board and knead until smooth and elastic, about 8 to 10 minutes or 200 strokes. Shape dough into a ball. Place in a lightly greased bowl turning once to grease surface. Cover; let rise in a warm place until double in size, about 1 hour.

Punch dough down to release air bubbles by plunging your fist into the center of the dough. Fold over and form into a ball. Divide dough into halves. Roll out; shape each loaf. Seal edges and place in two greased 9-by-5-by-3-inch loaf pans. Cover; let rise until double in bulk, about 45 to 60 minutes.

Bake in preheated oven at 375°F for 45 to 60 minutes. Test for doneness by tapping top crust with your forefinger and checking for brownness. If the bread sounds hollow and is nicely browned, it is done. Brush top of hot, baked loaves with butter or margarine to keep crust from becoming tough. Remove from pans and cool on wire racks.

Serve warm. Cut with a serrated knife and a gentle sawing motion for best results. YIELD: 2 loaves, 16 slices each.

### Nutrition Facts

Per serving:  
110 Calories  
1.5 gm Fat  
3 gm Protein  
21 gm Carbohydrate  
150 mg Sodium  
0 mg Cholesterol  
0.5 gm Dietary fiber

### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group

## Variations of White Bread

### CINNAMON BREAD

Divide dough for white bread in half. Roll each half into a rectangle and brush with 2 tablespoons melted margarine or butter. Combine 2 teaspoons cinnamon and 2/3 cup sugar. Sprinkle half of the mixture over the rectangle, roll into a loaf, and bake as directed in recipe for white bread. YIELD: 2 loaves, 16 slices each.

### Nutrition Facts

Per serving:  
140 Calories  
3 gm Fat  
3 gm Protein  
25 gm Carbohydrate  
170 mg Sodium  
0 mg Cholesterol  
0.5 gm Dietary fiber

### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group  
1 1/2 servings Fat, Oils, and Sweets Group



## LEMON LOAF

Divide dough for white bread in half. Roll each half into a rectangle and brush with 2 tablespoons melted margarine or butter. Combine 1 teaspoon grated lemon peel, 4 tablespoons sugar, and  $\frac{1}{2}$  teaspoon nutmeg. Sprinkle half the mixture on each rectangle. Roll up and bake as directed in recipe for white bread. YIELD: 2 loaves, 16 slices each.

### Nutrition Facts

Per serving:  
130 Calories  
3 gm Fat  
3 gm Protein  
23 gm Carbohydrate  
170 mg Sodium  
0 mg Cholesterol  
0.5 gm Dietary fiber

### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group  
1 serving Fat, Oils, and Sweets Group

## PULL-APART LOAVES

Divide dough for white bread in half. Roll one half into a 12-by-8-inch rectangle. Brush with 2 tablespoons melted margarine. Cut into four equal strips 8 inches long. Stack strips. Cut into four equal pieces, 2 inches wide. Place on edge in greased 9-by-5-by-3-inch loaf pan so that layers form one long run down the length of the pan. Repeat with remaining dough. Cover and let rise. Bake at 400°F for 30 minutes or until done.

## WHOLE WHEAT BREAD

Using the white bread recipe, substitute four tablespoons brown sugar or molasses for the white sugar and 3 cups whole wheat flour for 3 cups of the all-purpose flour. Prepare and bake in the same manner as for white bread. YIELD: 2 loaves, 16 slices each.

### Nutrition Facts

Per serving:  
110 Calories  
1.5 gm Fat  
4 gm Protein  
21 gm Carbohydrate  
150 mg Sodium  
0 mg Cholesterol  
2 gm Dietary fiber

### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group  
 $\frac{1}{2}$  serving Fat, Oils, and Sweets Group

## More Yeast Bread Recipes

Now that you have made a basic yeast bread and some variations, you may want to try another type of bread. Try these recipes for sourdough and French breads. Also look in recipe books for other kinds of bread to make.

Sourdough bread was a popular bread for pioneers, who used a starter made from potatoes instead of yeast. Every cook tried to keep some starter so she wouldn't have to borrow from a neighbor. Most sourdough recipes today include yeast, and the starter can still be kept for a long period of time.

### SOURDOUGH STARTER

$2\frac{3}{4}$  cups all-purpose flour  
 $2\frac{1}{2}$  cups lukewarm water  
1 package yeast

Combine ingredients in a large glass mixing bowl; beat until mixture is well blended. Cover with a clean cloth and let stand in a warm, draft-free place for about 20 hours. Check for bubbles on the surface of the batter. If there are none, allow the mixture to stand three to four hours longer. When starter shows signs of fermentation (bubbles), it is ready to use. If there are still no signs of fermentation after 24 hours, discard and prepare again.

Always save part of the mixture when making bread. To replenish starter, combine  $1\frac{1}{4}$  cups flour and  $1\frac{1}{4}$  cups lukewarm water and add to remaining starter. Beat until smooth, cover with a clean cloth, and let stand in a warm, draft-free place for 8 to 10 hours. Refrigerate. Replenish starter about every three weeks.

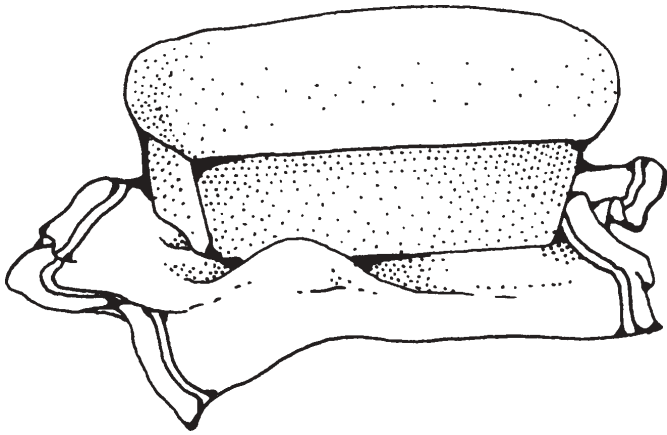
### SOURDOUGH BREAD

$1\frac{1}{4}$  cups sourdough starter  
6 to 7 cups all-purpose flour  
 $2\frac{1}{2}$  cups lukewarm water  
3 tablespoons sugar  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon baking soda  
4 tablespoons melted butter or oil

In a large mixing bowl, combine starter,  $2\frac{3}{4}$  cups flour, and  $2\frac{1}{2}$  cups lukewarm water. Stir vigorously to mix. Cover; let stand in a warm, draft-free place for 9 to 10 hours. Then remove  $1\frac{1}{4}$  cups of the mixture and refrigerate in a closed glass jar for a new starter or add to old starter.

Combine 3 cups of the flour, sugar, salt, and soda; add to remaining flour and starter mixture. Stir melted butter or oil into batter. Continue stirring while adding more flour as needed until dough begins to pull away from sides of bowl. Avoid using too much flour. Dough should be easy to handle, but not stiff.

Pile dough on a lightly floured surface and knead until elastic and smooth (about 200 strokes). Form dough into a ball and place in a greased bowl, turning once. Cover and let rise in a warm, draft-free place until double in volume.



Punch down dough and divide into two equal portions. Prepare for baking in the same way as white bread. Let rise in a warm, draft-free place.

Bake at 400°F for the first 15 minutes; reduce heat to 375°F and continue baking about 20 minutes. Remove from pans and cool. YIELD: 2 loaves, 16 slices each.

#### Nutrition Facts

Per serving:  
 130 Calories  
 2 gm Fat  
 3 gm Protein  
 23 gm Carbohydrate  
 95 mg Sodium  
 0 mg Cholesterol  
 0.5 gm Dietary fiber

#### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group  
 1/2 serving Fat, Oils, and Sweets Group

#### FRENCH BREAD

5 1/2 to 7 cups all-purpose flour  
 1 package yeast  
 1 1/2 teaspoons sugar  
 2 teaspoons salt  
 1/2 cup nonfat dry milk crystals  
 2 1/4 cups water, hot to the touch (125° to 130°F)  
 1/2 cup cornmeal  
 1/2 cup water

Combine 2 1/2 to 3 cups of flour with yeast, sugar, salt, and nonfat dry milk. Stir to blend. Continue stirring while adding hot water. Beat vigorously. Add more flour as needed to form a soft dough. Enough flour has been added when mixture begins to pull away from sides of pan.

Transfer dough to a lightly floured surface and knead until smooth and elastic. Form dough into a ball and place in a

greased bowl. Cover with a towel. Allow dough to rise until double in volume. Punch down and divide into three equal portions. Shape each into a long tapered loaf, about 2-by-14 inches.

Sprinkle cornmeal over a cookie sheet to help form the crusty bread. Arrange loaves on cookie sheet, leaving space between loaves for rising. Using a sharp knife, make diagonal slashes 1/2 inch deep at intervals across top of each loaf.

Brush loaves of bread lightly with water to toughen the top crust. Allow to rise until double in volume.

Preheat oven to 400°F and bake 35 to 45 minutes until loaves are golden brown and sound hollow when thumped. Remove bread from oven and transfer to a rack for cooling. YIELD: 2 loaves, 16 slices each.

#### Nutrition Facts

Per serving:  
 100 Calories  
 0 gm Fat  
 3 gm Protein  
 22 gm Carbohydrate  
 160 mg Sodium  
 0 mg Cholesterol  
 0.5 gm Dietary fiber

#### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group

### Using Quick-Rising Yeast

Quick-rising yeast is similar to regular active dry yeast, but it produces carbon dioxide—the gas that causes bread to rise—more rapidly, saving about an hour in rising time. You will find this type of yeast in the grocery store near the regular dry yeast. Follow the directions on the package or use a recipe that calls for quick-rising yeast.

#### BREAD IN A BAG

1 to 1 1/2 cups all-purpose flour  
 1 package quick-rising yeast  
 3 tablespoons sugar  
 3 tablespoons nonfat dry milk  
 1 teaspoon salt  
 1 cup hot water (125° to 130°F)  
 2 tablespoons vegetable oil  
 1 to 1 1/2 cups whole wheat flour

Combine 1 cup all-purpose flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon, heavy-duty freezer bag with zipper-lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.

Add hot water and oil to dry ingredients. Reseal bag. Mix by working bag with fingers. Add whole wheat flour; reseal bag and mix thoroughly. Gradually add enough remaining all-purpose flour to make stiff dough that pulls away from the bag.

On floured surface, knead dough 2 to 4 minutes, until smooth and elastic. Cover dough; rest 10 minutes.

Roll dough into a 12-by-7-inch rectangle pan. Roll up from narrow end. Pinch edges and ends to seal. Place in oiled 8½-by-4½-by-2½-inch glass loaf pan; cover. Place large, shallow pan on counter; half fill with boiling water. Place loaf dough on baking sheet over shallow pan and let dough rise 20 minutes or until double in size. Dough may be divided to make two small loaves.

Bake at 375°F for 25 minutes or until done. Remove pan and cool on wire rack. Slice with serrated knife to serve. YIELD: 1 loaf, 16 slices.

#### Nutrition Facts

Per serving:

100 Calories

2 gm Fat

3 gm Protein

19 gm Carbohydrate

150 mg Sodium

0 mg Cholesterol

2 gm Dietary fiber

#### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group

½ serving Fat, Oils, and Sweets Group

## Making Pizza Dough

Yeast dough can be used to prepare foods other than bread. A popular food that requires yeast dough is pizza. Use the following recipe or your own topping variation to make delicious pizza.

#### PIZZA

1 package or cake of yeast

¾ cup plus 1 tablespoon lukewarm water

2 cups sifted all-purpose flour

1 teaspoon salt

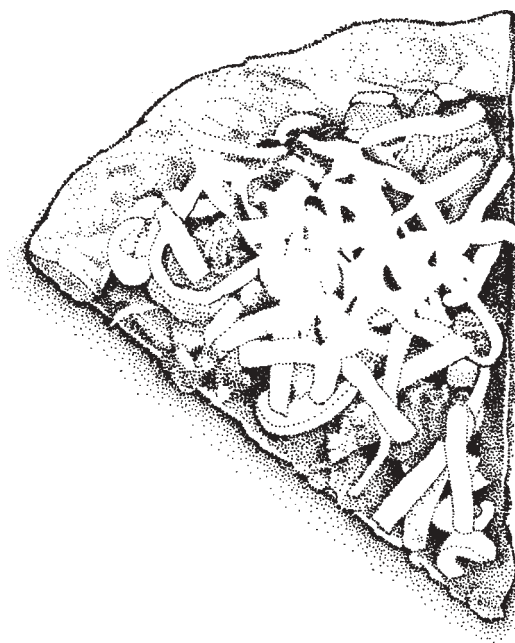
2 tablespoons shortening

Pizza sauce (recipe below)

12 to 16 ounces mozzarella cheese

Toppings of your choice

Dissolve yeast in water. Combine flour and salt; then cut in shortening, as for biscuits. Stir in water and yeast mixture. Turn dough out onto lightly floured board or pastry cloth and knead just until smooth. Place in a greased bowl and grease top of dough. Cover and let rise in a warm place until light, about 1 hour. When light, punch down and divide into two pieces for 12-inch pizzas or four pieces for 10-inch pizzas. Roll out about ¼ inch thick. Place rounds



of dough on greased baking sheets or pizza pans. Crimp edges. Top with pizza sauce (recipe below) and mozzarella cheese. Add your favorite toppings. Bake at 400°F for about 20 minutes. Makes two large pizzas, six slices each, or four small pizzas.

#### PIZZA SAUCE

1 6-ounce can tomato paste

1 8-ounce can tomato sauce

½ teaspoon salt

1 teaspoon Worcestershire sauce

1 teaspoon garlic salt

½ teaspoon crushed thyme

1 teaspoon crushed oregano

Combine and mix well.

#### Nutrition Facts

Per slice:

210 Calories

7 gm Fat

7 gm Protein

29 gm Carbohydrate

880 mg Sodium

0 mg Cholesterol

2 gm Dietary fiber

#### Food Guide Pyramid

1 serving Bread, Rice, Cereal, and Pasta Group

½ serving Vegetable Group

½ serving Milk, Yogurt, and Cheese Group



# Evaluating Your Bread Products

Each time you bake yeast breads you should evaluate your product to see what you have done well and what you need to improve. Use the following score sheet as a guideline.

## Yeast Bread Score Sheet

	Excellent	Good	Needs to Improve
<b>Appearance</b>			
Symmetrical and well proportioned			
Smooth, well-rounded top			
Even, golden-brown color			
Thin, tender crust			
Free of lumps or wrinkles			
<b>Crumb</b>			
Slightly moist			
Uniform, fine grain			
Elastic or springy feeling			
Free of doughy streaks			
<b>Flavor and Aroma</b>			
Well blended, characteristic of ingredients			
Pleasing aroma			
Slightly sweet and nut-like flavor			

## Tips on Storing Breads

- Remove breads from pans as soon as they are taken from the oven.
- Cool bread on rack or across the bread pan so that air can circulate around it.
- Do not wrap until thoroughly cooled. Wrapping freshly baked breads in moisture-proof, vapor-proof material, such as freezer zipper-type bags, helps keep them moist.
- Bread stales less quickly in a bread box at room temperature than in a refrigerator. However, in hot, humid weather, keeping bread in the refrigerator helps prevent growth of mold.
- Freeze bread, as soon as it has cooled, in a moisture-vapor-resistant material or place it in a freezer container or carton. Exclude as much air as possible from the package. Most breads will hold their fresh eating quality in a freezer at a temperature of 0°F or lower. For optimum flavor, use plain bread or rolls within six months after freezing. Use breads with fruit and nuts within three months.

## Freezing Dough

You might want to make dough and freeze it until you are ready to use it, up to four weeks later. To freeze dough, mix and knead the dough, then shape it right away without letting it rise. Place in a loaf pan, cover, and put in the freezer. When the loaves are frozen, remove them from the pans and store them in plastic bags in the freezer. When you are ready to use a loaf, remove it from the freezer, place in a greased loaf pan, and allow to rise before baking. Don't forget to label the loaves with the date when frozen.

## Demonstration Topics

Share what you have learned in this project with others by giving demonstrations on the topics below or other related topics:

- Mixing dough for yeast bread.
- Making bread with whole wheat flour.
- Making a variation of the Basic White Bread recipe, such as cinnamon or lemon loaf.
- Kneading and shaping dough for a loaf bread.
- Using a sourdough starter to make bread.
- Making pull-apart bread.
- The difference in preparing dough using bread flour and all-purpose flour.
- Preparing and freezing yeast bread.

## Citizenship Activities

- Prepare bread to be sold at a 4-H or other community bake sale.
- Prepare and freeze breads for gifts or for special community events.
- Share your sourdough starter with a friend.
- Do bread demonstrations at community activities.
- Do radio programs and newspaper articles on the importance of bread for good nutrition.

## Helping Other 4-H'ers

- Help young 4-H'ers just starting with bread making.
- Demonstrate to others how to knead dough.
- Help others in evaluating their breads.
- Show others how to wrap and freeze breads.

# Yeast Bread

Project Record Form



Name \_\_\_\_\_ Address \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ Birth Date \_\_\_\_\_ Current Date \_\_\_\_\_

In filling out this record, summarize information in outline form when appropriate. List the most important accomplishments at the top of the list. Designate the level of participation with the appropriate letter: local (L), county (C), area (A), state (S), regional (R), national (N), or international (I). Use numbers (digits) to show size or quantity, when appropriate.

A. List new things you learned in this project or activity.

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B. Show size and scope of this project (list everything you have done in this project).

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Type of Bread	Number of Times Prepared	Comments
Basic white bread		
Cinnamon bread		
Lemon loaf		
Pull-apart loaves		
Whole wheat bread		
Sourdough bread		
French bread		
Pizza		
Other		

C. List demonstrations, talks, exhibits, radio and television appearances, newspaper articles written, tours, workshops, camps, judging events, and field trips that you participated in throughout this project.

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D. List awards, trips, medals, plaques, trophies, ribbons, scholarships, and other recognition received in this project.

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E. List your leadership participation in this project or activity. Include things you have done by yourself and in cooperation with others in planning 4-H programs; leading discussions; helping younger members with demonstrations, talks, and exhibits; and assisting with camps, achievement shows, and workshops. Indicate the number of 4-H members you have assisted and give your specific responsibilities.

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F. List your citizenship and community service experiences in this project. Include those things that contributed to the welfare of your club or group, other individuals, or your community and give your specific responsibilities.

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G. Attach a short story in which you tell about things learned, satisfactions experienced, and difficulties encountered this year in this project.

*Appreciation is expressed to Martha White Foods, Inc., for support of the development of this literature.*