



Foods: Breads & Cereals

Project Information Page



Breads & Cereals (or GRAIN foods) are mostly made from wheat, oats, rice, rye, barley, millet, quinoa and corn. The different grains can be cooked and eaten whole, ground into flour to make a variety of cereal foods like bread, pasta and noodles, or made into ready-to-eat breakfasts.

This project is designed to help you learn about the different grains (cereals), where they come from, what they are used for and how you can use them in everyday baking and cooking.

Project Requirements

- Picture of Member with four (4) Pan Rolls**
NOTE: in effort to eliminate unnecessary food waste, members are asked to submit only a picture of themselves with the food item listed above - *Exhibition requirements are different & are listed below*
- Recipe File of at least 8 Grain Recipes** (one of which should be for the item above)
 - *Members are encouraged to consider at least one recipe for a diet of special needs (i.e. Celiac disease)*
- Plan a menu for yourself for one day from a grocery store flyer and determine the cost of each meal/snack**
 - *Menu must include breakfast, lunch, dinner and two snacks*
 - *The menu, cost breakdown, and copy of the flyer must be presented in member's binder*
- Project Page** specific to Home Ec. Projects

4-H Year Completion

The following must be completed/documentated by the Club's Achievement Day in order to complete the 4-H year

- Project Requirements** as outlined above
- Communications** (public speaking or demonstration)
- Community Service** Activity
- Agriculture Awareness** Activity
- Member Documentation** (4) pages found in the member's binder **OR** on the 4-H PEI website

Exhibition Requirements

Four (4) pan rolls displayed on a plate and placed in a re-sealable (zipper lock) bag

Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.

Please check with your Project Leader or visit pei4h.ca for more Exhibition information.

NEED TO KNOW...

- Project Resources (if available) can be found on the 4-H PEI Website or by contacting your 4-H Specialist.
- The Provincial Newsletter is published & emailed mid-month and is updated regularly with project/program info
- Achievement Day serves as the completion event for the 4-H year. Members are expected to have all project documentation and any tangible items present at this event and only members in good standing (in receipt of 4-H Year completion) will be able to participate in classes at Exhibitions and/or be nominated /apply for Annual Awards.