Cake decorating is a form of visual arts that provides an opportunity to explore creative expression. Through a cake decorating project members

- gain experience in thoughtful planning, problem solving, and decision making
- learn the importance of organization
- learn about food safety and proper food storage
- gain experience in creative design

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<table>
<thead>
<tr>
<th>Starting Out</th>
<th>Learning More</th>
<th>Exploring Depth</th>
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<tbody>
<tr>
<td>Beginner</td>
<td>Intermediate</td>
<td>Advanced</td>
</tr>
<tr>
<td>Make a basic frosting recipe.</td>
<td>Integrate various materials into your design (edible flowers, pretzels, fresh herbs).</td>
<td>Create gum paste flowers and decor.</td>
</tr>
<tr>
<td>Review kitchen hygiene and food safety practices.</td>
<td>Learn how to apply a crumb coat.</td>
<td>Apply fondant.</td>
</tr>
<tr>
<td>Practice using a spatula to frost.</td>
<td>Use cutters and forms to design decor.</td>
<td>Explore alternative frostings (avocado base, vegan, sugar-free).</td>
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<tr>
<td>Learn to level each cake layer.</td>
<td>Explore various piping tips.</td>
<td>Learn to use spun sugar.</td>
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<tr>
<td>Create decorative borders along cake edges.</td>
<td>Create multilevel designs.</td>
<td>Practice cake painting, air brushing, and use of powders.</td>
</tr>
<tr>
<td>Learn to prepare various frosting colors. Explore natural dyes.</td>
<td>Practice filling a pastry bag and using pressure control.</td>
<td>Create 3D designs and unconventional shapes.</td>
</tr>
<tr>
<td>Practice piping.</td>
<td></td>
<td>Practice sculpting with various materials (fondant, gum paste, chocolate).</td>
</tr>
</tbody>
</table>

The activities above are ideas to inspire further project development. This is not a complete list.

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**4-H THRIVE**

**Help youth:**

**Light Their Spark**
A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

**Flex Their Brain**
The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

**Reach Their Goals**
Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic, and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

**Reflect**
Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.
Expand Your Experiences!

Healthy Living
- Investigate healthy alternatives to traditional sugar-based frostings.
- Explore decorating with nuts, fruits, and fresh herbs.
- Calculate grams of sugar per serving of cake.

Science, Technology, Engineering, and Mathematics
- Engineer a 3D cake design.
- Calculate the amount of frosting needed to cover the square footage of a cake.
- Explore various forms of fat and their impact on frosting consistency, stability, and structure.

Civic Engagement
- Host a cake walk fundraiser, and use proceeds to fund a local service learning project.
- Donate decorated cakes to a community organization.
- Explore cultural practices from around the world that include cake and present findings.

Leadership
- Host a community class on cake decorating.
- Create a list of healthy cake decorating suggestions, and distribute at a club meeting.
- Design a cake that incorporates an important theme to you or your community.

College and Career Readiness
- Interview a local bakery to explore daily business procedures.
- Explore food-based careers (nutritionist, food scientist, food photographer, culinary librarian, food broker, food journalist). Consider developing a cake-decorating business plan.
- Explore courses of study related to food or the arts (food science, food microbiology, business management, entrepreneurship, fine arts).

Connections & Events
- Presentation Days – Share what you’ve learned with others through a fitness-related presentation.
- Field Days – At these events, 4-H members may participate in a variety of contests related to their project area.

Curriculum
- Discover: 4-H Cake Decorating Clubs
  www.utah4h.org
- 4-H Cake Decorating: University of Wyoming
  http://www.uwyo.edu/4-h/projects/cakedecorating/
- Wilton Method of Cake Decorating, Building Buttercream Skills
- Wilton Method of Cake Decorating, Course 2, Flowers and Borders
- Wilton Method of Cake Decorating, Course 3, Fondant and Tiered Cakes

4-H Record Books
- 4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.
- 4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit
http://ucanr.edu/orb/.

Resources
- Wilton
  www.wilton.com
- International Cake Exploration Society
  www.ices.org
- Let Them Eat Cake: Classic, Decadent Desserts with Vegan, Gluten-Free & Healthy Variations
  https://www.amazon.com/Let-Them-Eat-CakeGluten-Free/dp/1617690805
- Professional Cake Decorating
  https://www.amazon.com/Professional-Cake-Decorating-Toba-Garrett/dp/0470380098

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