4-H Cake Decorating Project

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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<th>Starting Out</th>
<th>Learning More</th>
<th>Exploring Depth</th>
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<td>Beginner</td>
<td>Intermediate</td>
<td>Advanced</td>
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<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>
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<td>Review kitchen hygiene and food safety practices.</td>
<td>Learn how to apply a crumb coat.</td>
<td>Apply fondant.</td>
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<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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<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>
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<tr>
<td>Learn to prepare various frosting colors. Explore natural dyes.</td>
<td></td>
<td>Create 3D designs and unconventional shapes.</td>
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<td>Practice filling a pastry bag and using pressure control.</td>
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<td>Practice sculpting with various materials (fondant, gum paste, chocolate).</td>
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<tr>
<td>Practice piping.</td>
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The activities above are ideas to inspire further project development. This is not a complete list.

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).

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<th>Connections &amp; Events</th>
<th>Curriculum</th>
<th>4-H Record Books</th>
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<tbody>
<tr>
<td><strong>Presentation Days</strong> – Share what you’ve learned with others through a fitness-related presentation.</td>
<td><strong>Discover:</strong> 4-H Cake Decorating Clubs <a href="http://www.utah4h.org">www.utah4h.org</a></td>
<td><strong>4-H Record Books</strong> give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.</td>
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<td><strong>Field Days</strong> – At these events, 4-H members may participate in a variety of contests related to their project area.</td>
<td><strong>4-H Cake Decorating:</strong> University of Wyoming <a href="http://www.uwyo.edu/4-h/projects/cakedecorating/">http://www.uwyo.edu/4-h/projects/cakedecorating/</a></td>
<td>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</td>
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<tr>
<td>Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.</td>
<td><strong>Wilton Method of Cake Decorating, Course 2, Flowers and Borders</strong></td>
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<tr>
<td><strong>Wilton Method of Cake Decorating, Course 3, Fondant and Tiered Cakes</strong></td>
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**Resources**
- Wilton [www.wilton.com](http://www.wilton.com)
- International Cake Exploration Society [www.ices.org](http://www.ices.org)
- Professional Cake Decorating [https://www.amazon.com/Professional-Cake-Decorating-Toba-Garrett/dp/0470380098](https://www.amazon.com/Professional-Cake-Decorating-Toba-Garrett/dp/0470380098)
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