

Noble County Mini 4-H



Cake Decorating

Mini 4-H Helper's page

Welcome to the Mini 4-H Program! Mini 4-H is designed for children in grades K-2 to explore a variety of project activity areas and to interact with caring adults and other children.

Children receive this project activity manual when they enroll in Mini 4-H. This manual and the manuals on various other topics will provide fun, age-appropriate learning activities throughout their year(s) in Mini 4-H.

As a Mini 4-H adult helper, your job will be to guide and encourage each child through the activities. A wide range of activities is provided to allow you to choose the ones most appropriate for the children you are working with. It is strongly suggested that you do not complete the activities for them. Instead help them, guide them, work with them and let them do all that they possibly can. 4-H believes in allowing children to learn by doing. The Mini 4-H project activities are hands-on learning opportunities designed to provide a meaningful educational experience for youth.

Additionally, the Mini 4-H program is set up to allow children to display a project activity that is based upon information in this manual. Some children may want to exhibit at the 4-H Fair. The 4-H Fair is an exciting week that allows community youth to showcase their enthusiasm for learning. Children may choose to display a project activity they did by themselves or one they did with a group. Other children may choose to showcase their work in other ways, such as displaying it in a special place in their own home.

Mini 4-H is fun! Children will certainly enjoy it. You can have fun too, by guiding and helping as children participate in the program. Encourage and praise the children as they have fun learning and sharing with you. If you have any questions regarding Mini 4-H or other 4-H programs, please contact the Extension Office in your county.

Helper's Tips

The Mini 4-H Program can be used with individual children, but it works best when used in a group of 2 or more children. Children working cooperatively in groups develop positive images of themselves and their ideas. Other ways adult helpers can maximize the benefits of Mini 4-H are to:

- **Work on a subject interesting to the child by encouraging children to choose the content area.** Look through this manual and choose the project activities based on the interests and skill levels of the children
- **Relax and have fun.** Some children will want to finished their activities, others may not. There is no need to pressure children of this age to finish an activity, because the real learning takes place while they participate in the activity and interact with others. The finished project should not be the main focus. The knowledge children gain while they explore new areas and experiment with new ideas should be the primary goal.
- **Remain flexible and adapt to the changing needs of the children.** Restlessness or boredom may indicate a need to stop the activity and come back to it later.
- **Encourage children to talk and work with each other.** Children learn best when they are encouraged to freely share their reactions and observations. You may want to ask the children about what they did during an activity, what happened, what was the easiest, and what they like the most.

This manual contains activities for children that allow for a wide range of abilities and provide practice for developing a variety of skills.



Mini 4-H Page

Mini 4-H'ers have lots of fun! There are many activities for you to explore. You can try new things. You can share them with your friends and family.

Here are some things to know about 4-H.

The 4-H symbol is a four-leaf clover with an "H" in each leaf. Clover is a plant that grows in fields, yards and along roadsides. Most clovers have three leaves. Sometimes, if you look very carefully, you may get lucky and find a special clover with four leaves. A four-leaf clover is used as the symbol for 4-H to let everyone know 4-H is a special kind of group.



The 4-H colors are green and white. The four-leaf clove is green and the "H" in each leaf is white.

A group motto is a saying that tells people what is important to the group. **The 4-H motto** is "To make the best better." When something is better than all the others it is the best. Think about a time when you did your best. Maybe you threw a ball farther than you have ever thrown it before. Now, think about some ways you could do better. You may be able to throw farther by practicing for a while or by watching someone who can throw farther than you, to see how they throw so far. Even if you throw the ball farther than you have ever thrown it before. There are still ways that you can do better the next time. 4-H encourages you to always try to do better, even if you are doing the best you have ever done.

*"To make the
best better"*


The 4-H Pledge


A pledge is a promise you make to yourself and to the people around you. The 4-H pledge is a bold print below.


I pledge...


my **head** to clearer thinking,
my **heart** to greater loyalty,
my **hands** to larger service, and
my **health** to better living for
my **club**, my **community**,
my **country**, and my **world**.


What do these words mean?

I Pledge my Head  to clearer thinking, means I promise to use my head to make good choices.

My heart  to greater loyalty, means to use my heart to be a good friend.

My hands  to larger service, and, means to use my hands to do helpful things for others.

My health  to better living, means to take care of my body and to show others how to live in a healthy way.

For my club, my community, my country  and my world, means to help my group, my community, my country and my world be happy and safe for everyone.

Welcome to the Noble County Mini 4-H Cake Decorating project!

In this project you will have the opportunity to use your imagination, make goodies for your family, and be very creative.

Make sure you have an adult help you with each step in the process, and ask for their advice when you have problems. Let's begin!

NOTES TO PARENTS/HELPERS:

Cake Decorating Tips for Kids, Ages 5 to 8

Kids LOVE to help in the kitchen! They can help bake a cake, they can help spread icing on the cake, and they can decorate the cake. Older kids can take more responsibility in the baking, frosting and decorating of the product.

- **Think of process over product.** Let the 4-H'er enjoy the *process* of decorating the cake and don't worry if the finished product does not look like it belongs in a magazine.
- You can **have the cookie/brownie/cupcake already frosted** (or not), and let the kids use it like a blank canvas.
- Consider outfitting the 4-H'er with **an apron to keep themselves clean, and cover the table with newspaper or parchment paper for easy cleanup.**
- **Let them decide on their own vision for the cake/cookie.**
- Kids of this age can **make the frosting** with your help, and tint it with gel paste icing colors if appropriate.
- They can **frost the cake themselves**, but may appreciate learning a few techniques or your help ensuring that it's evenly covered.
- If they want to make flowers, stars, and other designs, **they can use decorating tips.** You can help them put the frosting in icing bags, show them how to use the tips (practice on parchment paper or a plate first), and then let them do it themselves. It's okay if it's not perfect!
- Together you and your Mini 4-H'er should **research some ideas for designs**, either on the Internet, books at the library, or attend Cake Decorating classes, or workshops. **Mini 4-H members are welcome at the 4-H Cake Decorating Workshops held in the spring.** Watch the newsletter for those dates.
- 4-H'ers are not to use food coloring pens, or the gel tubes found in the grocery store.

Supplies you will need to begin your Cake Decorating project:

You may find these supplies at Wal-Mart, Country Kitchen, Michaels, JoAnn, Amazon, etc.

- ◆ Parchment paper or newspaper to cover your work area for easy clean up.
- ◆ Cookies for Kindergarten aged 4-H'ers - any type will do, but sugar cookies work best.
- ◆ Brownies for 1st graders – choose the size, and flavor you want.
- ◆ Cupcakes for 2nd graders – in cupcake liners, any flavor you want.
- ◆ Frosting/icing - You can buy already made frosting, or make your own. See recipes included.
- ◆ Gel paste icing colors to tint your frosting/icing different colors.
- ◆ 12" disposable decorating bags
- ◆ Coupler to hold tip to bag
- ◆ Decorating tips – you do not need to buy a complete set, just a few of the basics.

Here are some suggestions:



Tip 1A is used when making large dots or making a large swirl on a cupcake.



Tip 16 is a small open star tip and it is used for star techniques and drop flowers.



Tip 3 is used for outlining, lettering, dots, balls, beads, stringwork, lattice and lacework.



Tip 21 is used for Star techniques like the shell border and drop flowers.



Tip 2D is used to make the large drop flower.



Tip 1M is used for large Star techniques and drop flowers.

Royal Icing

WHAT IS ROYAL ICING?

Royal icing is an easy to make icing that's made from just 3 simple ingredients: meringue powder, water, and powdered sugar. (Some recipes call for egg whites instead of meringue powder, but I prefer to use the powder because the results are more consistent and it's safer to eat.)

As it dries, it hardens to the consistency of candy. Hard enough to not smear, but not so hard you can't bite it easily.

The only royal icing you'll ever need! Perfect for decorating cookies, cakes, cupcakes, & gingerbread houses. Easy recipe, pipes smooth, & dries hard.

Ingredients

- 2 tablespoons meringue powder
- 6 tablespoons water
- 2 2/3 cups powdered sugar
- gel paste icing colors, for tinting (optional)
- additional water, for thinning (optional)

Instructions

1. Place the meringue powder and water in a large mixing bowl, and whip (with the whisk attachment) until foamy (about 3 minutes).
 2. Add the powdered sugar, and whip on medium speed until very stiff and thick (the royal icing should hold a stiff peak).
 3. Tint as needed with gel paste icing colors.
 4. Thin with additional water, a drop at a time, to get the desired consistency.
- by **Allie {Baking A Moment}**

The Best Buttercream Frosting

A real buttercream frosting takes little time to make, can be tinted with food coloring (use paste or gel, not liquid food color), and will hold for several weeks if tightly covered.

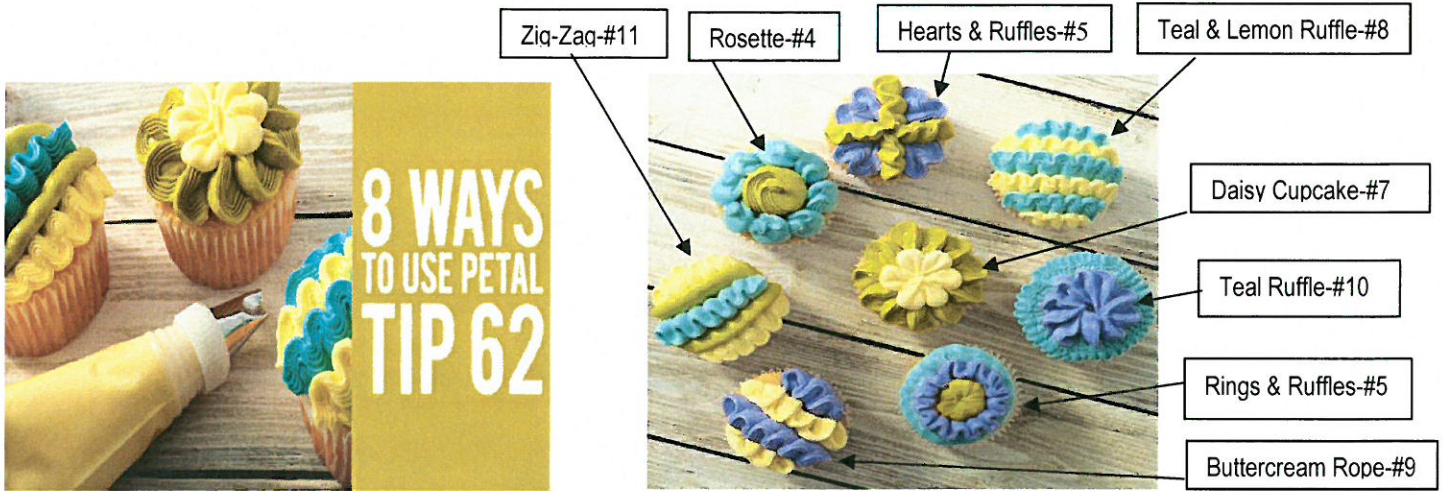
Ingredients:

- 4 cups Powdered Sugar (or 1 pound)
- 1 cup Butter (Softened Salted Sweet Cream)
- 2-3 teaspoons Vanilla
- 1-2 tablespoons Milk

Directions:

1. Add softened butter and vanilla to the mixing bowl and mix until completely combined.
2. Add Powdered Sugar and beat on low until it is incorporated. Then move mixer up to medium-high speed. Scrape sides and bottom of bowl often. When completely mixed the frosting may appear dry.
3. Add milk a little bit at a time until frosting is the proper consistency.

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1. Bake cupcakes. Prepare cake batter following recipe instructions. Bake and cool cupcakes in white cupcake liners.

2. Prepare icing. Divide icing equally into four bowls. Separately tint icing yellow, green, purple and teal following color combinations provided.

*Combine Lemon Yellow and Brown icing colors to get yellow color shown.

Combine Leaf Green and Lemon Yellow icing colors to get green color shown.

Combine Violet and Pink icing colors to get purple color shown.

Combine Teal and Lemon Yellow icing colors to get teal color shown.

3. Decorate cupcakes. Prepare four decorating bags with tip 62. Fill separately with yellow, green, purple and teal icing.

#4 - Rosette Cupcake: Using green icing, pipe large rosette in center of cupcake. Using teal icing, pipe several small rosettes around edge of cupcake.

#5 - Rings and Ruffles Cupcake: Using teal icing, hold bag with smooth side of tip up and wide end at edge of cupcake. Holding bag horizontal to surface, pipe ring around outer edge of cupcake. Using purple icing, hold bag with serrated side of tip up and wide end at base of cupcake; pipe ruffle around inner circle of ring. Using green icing, pipe another ring in center of cupcake, using same technique as with teal icing.

#6 - Hearts and Ruffles Cupcake: Using purple icing, hold bag with serrated side of tip up. Pipe four heart-shaped petals, one each at 12:00, 3:00, 6:00 and 9:00. Using green icing, hold bag with wide end of tip at base. Pipe lines of ruffles between hearts, starting at edge and working towards center.

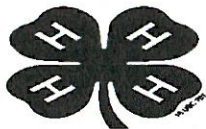
#7 - Daisy Cupcake: Using green icing, hold bag with serrated side of tip up. Using daisy technique, pipe petals around outer edge of cupcake. Using yellow icing, hold bag with smooth side of tip up. Pipe petals in center of cupcake.

#8 - Teal and Lemon Ruffle Cupcake: Using teal and yellow icing, alternate piping rows of ruffles, holding bags with serrated side of tip up.

#9 - Buttercream Rope Cupcake: Using purple icing, hold bag at 45 degree angle. Pipe corkscrew rope just off center of cupcake. To pipe rope, move bag in constant circular clockwise motion, being careful to apply even pressure throughout. Turn cupcake 180 degrees. Repeat piping corkscrew rope with yellow icing on each side of purple rope. Turn cupcake 180 degrees. Repeat piping corkscrew rope with purple icing on remaining side of yellow rope.

#10 - Teal Ruffle Cupcake: Using teal icing, hold bag with serrated side of tip up. Pipe tight ruffle around outer edge of cupcake. Using purple icing, pipe tight daisy petals in center of cupcake.

#11 - Zig-Zag Cupcake: Using yellow icing, hold bag with serrated side of tip up. Pipe zig-zag on left side of cupcake. Turn cupcake 180 degrees. Repeat on right side. Using green icing, hold bag with smooth side of tip up. Pipe line on inner side of each zig-zag line. Using teal icing, pipe ruffle down center of cupcake.



4-H Fair Exhibit



Kindergarten: Exhibit one (1) decorated cookie. Let it set until frosting hardens, then place on a disposable plate, in a zip lock plastic bag or small box.

1st Grade: Exhibit one (1) decorated brownie. Let it set until frosting hardens, then place on a disposable plate, in a zip lock plastic bag or small box.

2nd Grade: Exhibit one (1) decorated cupcake, placed on a disposable plate, or in a small box, covered loosely with plastic wrap. Make sure the wrap does not stick to the decoration on your cupcake.

All projects are to have a name label on them. You will receive a Mini 4-H newsletter in the mail prior to the Fair that will contain name labels.



Noble County Mini 4-H Record Sheet

Name _____ Grade in School _____

Address _____

4-H Club _____ Township _____

Number of years in Mini 4-H _____ Number of years in project _____

Member's Signature _____

Parent's Signature _____

Leader's Signature _____

A. Project: _____

B. Estimated number of hours worked to complete project _____

C. Money spent on project:

Cost of supplies: (list) _____

OR _____

Foods – number of _____

times made _____

D. List the things that you learned while you were doing Mini 4-H:
