

4-H Exhibit Learning Card Form

(Please include the following information with your fair exhibits.)

Name Marshall Bormann

Project Area: Food & Nutrition

Club Livermore Bulldogs

Class Name: 10440 Food & Nutrition -Prepared

Grade 5th
Just Completed

Circle: Junior
(4th – 6th grades)

Intermediate
(7th-8th grades)

Senior
(9th-12th grades)

1. What was your exhibit goal(s)?

My goal was to bake banana bread for my family, something they would like before the county fair. I also wanted to use the oven more.

2. How did you go about working towards your goal?

I followed the recipe (I listed below) from the "Heavenly Delights" St. John's Catholic Church Clarion, Iowa 2004 cookbook.

During the Covid-19 one of my homework activities was to use measurements, so my auntie had my brother Abe and me both make a different banana recipe. We got to pick the recipe we wanted to use. I had to do all the measuring by myself. When then had my family do a taste test to see which one, they liked the best. My grandma said she liked both but like Abe's a little better. Mine was a little dry, but it was not that bad as they ate it gone that weekend. So, this recipe is the one Abe used and I made it a couple times once for the family and once from a friend of my aunties.

I learn that you use a tooth pick to check to make sure the banana bread is done. If it was not done the mostly uncooked part of the banana bread would be top center.

Due to my allergies I am not able to eat this banana and other items I bake so, I have to go by what others tell me about the items I bake.

3. What were the most important things you learned as you worked toward your goal(s)?

I learned that you want your banana to be discolored (brown) some. New yellow bananas are not soft enough and do not give the banana bread enough flavor. It is harder to smash the yellow bananas. For banana bread you to see the black specks because that is the banana flavor. So the soft bananas will smash easier and mix better in the batter. I learned that you can make banana bread and freeze it (if you wrap it with plastic wrap and then tin foil and put in freezer bag) and pull it out later and have the banana bread later.

I learned that if you tap the bottom of your pan it will help get rid of the air pockets, which you don't want in the bread.

I learned that there are many different recipes for banana bread, and they list different ingredients. My family says they taste different too. Therefore, it is good to try out a new recipe on your family because it might not be the best.

I am surprised that it takes about 1 hour to bake. I also learned that it is important to check what you are baking so that you don't over bake something. Not all ovens are perfect.

4. What would you like to do in this project area next year?
I plan to make a cake that is moist and my family like. I am going to have to try different as I think my family has a favorite recipe.
5. List the expenses involved in this project.
Sugar – \$0.21
Butter – \$1.50
Baking Powder - \$0.08
Baking Soda – had
Flour - \$0.20
Eggs – \$0.16
Bananas – had to use
Total - \$2.15
6. List any sources that you used for your project (books, magazines, people, projects, Internet, etc).
Recipe from cookbook – Heavenly Delights St. John's Catholic Church Clarion, IA 2004, Pam Berry recipe.
7. Clothing, Home Improvement, and Visual Arts: I made my choices for my project based on the following Design Elements and Art Principles.
Pick at least two of the following to write about.
 - Line
 - Shape
 - Color
 - Texture
 - Space
 - Rhythm
 - Proportion
 - Emphasis
 - Balance
 - Unity

Recipe

Banana Bread

Cream together:

½ cup butter

1 cup sugar

Add:

2 beaten eggs

1 tsp. baking powder

1 tsp. baking soda

2 cup flour

1 cup mashed bananas

Mix well. Bake in bread pan at 325 degrees for 1 hour or until toothpick comes out clean.