



# 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

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> <li>• Make a basic frosting recipe.</li> <li>• Review kitchen hygiene and food safety practices.</li> <li>• Practice using a spatula to frost.</li> <li>• Learn to level each cake layer.</li> <li>• Create decorative borders along cake edges.</li> <li>• Learn to prepare various frosting colors. Explore natural dyes.</li> <li>• Practice filling a pastry bag and using pressure control.</li> <li>• Practice piping.</li> </ul>	<ul style="list-style-type: none"> <li>• Integrate various materials into your design (edible flowers, pretzels, fresh herbs).</li> <li>• Learn how to apply a crumb coat.</li> <li>• Use cutters and forms to design decor.</li> <li>• Explore various piping tips.</li> <li>• Create multilevel designs.</li> </ul>	<ul style="list-style-type: none"> <li>• Create gum paste flowers and decor.</li> <li>• Apply fondant.</li> <li>• Explore alternative frostings (avocado base, vegan, sugar-free).</li> <li>• Learn to use spun sugar.</li> <li>• Practice cake painting, air brushing, and use of powders.</li> <li>• Create 3D designs and unconventional shapes.</li> <li>• Practice sculpting with various materials (fondant, gum paste, chocolate).</li> </ul>

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).

## Resources

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

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Connections & Events	Curriculum	4-H Record Books
<p><b>Presentation Days</b> – Share what you’ve learned with others through a fitness-related presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your UC Cooperative Extension Office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> <li>• Discover: 4-H Cake Decorating Clubs <a href="http://www.utah4h.org">www.utah4h.org</a></li> <li>• 4-H Cake Decorating: University of Wyoming <a href="http://www.uwyo.edu/4-h/projects/cakedecorating/">http://www.uwyo.edu/4-h/projects/cakedecorating/</a></li> <li>• Wilton Method of Cake Decorating, Building Buttercream Skills</li> <li>• Wilton Method of Cake Decorating, Course 2, Flowers and Borders</li> <li>• Wilton Method of Cake Decorating, Course 3, Fondant and Tiered Cakes</li> </ul>	<p>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.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit <a href="http://ucanr.edu/orb/">http://ucanr.edu/orb/</a>.</p>



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