

# Fun Nutrition

## Cake Decorating-Learning the Basics

### Purpose:

- Practice using cake decorating bags and tubes
- Practice safety and cleanliness
- Learn value (\$) of doing this yourself
- Demonstrate that cake decorating is fun

### Supplies:

- Character cake for each participant, (1 cake mix will make about 12 small character cakes)
- Icing (see below)
- Decorating Supplies, one for each participant
  - Decorating bag
  - Couplers
  - Tips -- writing and star
  - Bent-handled icing spatulas (a large spoon can work)
- Paper plates, wax paper
- Dish cloth for clean up

### 4-H Frosting Recipe, (Unit 1 Cake Decorating)

#### BUTTER CREAM ICING

- 1 lb. powdered sugar
- ½ t. salt
- 1 t. flavoring of your choice (vanilla)
- 1 c. white Crisco
- 1/3 c. water

Put all ingredients in a mixer. Mix on low speed until well blended. This recipe will easily cover a 9 X 13" cake. The recipe should be doubled if wanted for decorating, also. This icing may be stored in an airtight container in the refrigerator for two to three months. To use the icing after

refrigeration, bring to room temperature, and stir well removing all air bubbles and it is ready.

### Activity:

1. Youth can assemble the decorating bag with couplers. Do half with writing tips and half with star tips.
2. Demonstrate how to fill the bag. Fold down the cuff, over your hand. Fill bag, half-full or less, using icing spatula. It is easy to get all the icing off spatula because your hand is on the outside of the bag. Close top. You can either twist or fold down. Show youth how to hold bag, so that icing doesn't squeeze out.
3. Practice decorating on a piece of wax paper. Talk about steady pressure and how to hold the bag.
4. Youth can write their name with writing tip or practice making stars with star tip.
5. Help youth look at their individual cakes and understand where to use the writing tip and then fill in with the star tip.

### Extra Activities:

Depending on length of time of the program, you can add these extra activities:

- Youth can color frosting or you may want to demonstrate this skill.
- Bring extra cakes. Youth may decorate and give to someone special or as a thank you to staff, facility providers, etc.
- Spend time explaining techniques on baking cakes that are to be decorated, so that cake decorating is easier.



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