

MODULE FOD1020: BAKING BASICS

Level: Introductory

Theme: Preparation and Presentation

Prerequisite: FOD1010 Food Basics

Module Description: Students develop an understanding of basic baking ingredients, by combining them in a variety of ways to make cookies, cakes, muffins and biscuits.

Module Parameters: Personal or commercial food preparation facility.

Curriculum and Assessment Standards

| Module Learner Expectations | Assessment Criteria and Conditions | Suggested Emphasis |
|--|--|--------------------|
| <p><i>The student will:</i></p> <ul style="list-style-type: none"> describe the preparation methods and role of key ingredients in cookies, quick breads and butter cakes | <p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> concept test consisting of questions on: <ul style="list-style-type: none"> measuring techniques safety and correct uses of tools and equipment function of key baking ingredients quick bread (muffin, biscuit, creaming and one-bowl shortened cake) methods types of cookies. <p><i>Assessment Tool</i> Discovering Food and Nutrition (<i>Teacher Resource Binder</i>) Food for Today Testing Program (<i>Teacher Resource Binder or Testmaker</i>) Professional Cooking <i>Instructor's Manual</i> Food Production Principles <i>Instructor's Guide</i></p> <p><i>Standard</i> Correctly answer a minimum of 50% of questions</p> | 20 |
| <ul style="list-style-type: none"> demonstrate correct preparation methods in the production of a variety of cookies, quick breads and butter cakes demonstrate knowledge and management skills in the planning, preparing and evaluating of basic baked food products | <ul style="list-style-type: none"> practical lab experiences in which the student will prepare a minimum of six food products, using the following methods: <ul style="list-style-type: none"> one muffin method one biscuit method one cake, using either the creaming method or the one-bowl method two different types of cookies, one of which must use the creaming method butter cream icing, used with cake or cookies. <p><i>Assessment Tool</i> <i>Lab Assessment Form: Introductory Level, FODLAB-1</i> <i>Product Standard Scorecard: Baking Basics, FOD1020-1</i></p> <p><i>Standard</i> Achieve a minimum performance rating of 1 in applicable areas of assessment</p> | 60 |

MODULE FOD1020: BAKING BASICS (continued)

| Module Learner Expectations | Assessment Criteria and Conditions | Suggested Emphasis |
|--|--|--|
| <p><i>The student will:</i></p> <ul style="list-style-type: none"> • describe the personal relevance of the competencies developed within the module • demonstrate basic competencies. | <p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> • analysis: the student will complete one product analysis for each of the following food products prepared: <ul style="list-style-type: none"> – cookies – quick bread – butter cake. <p><i>Assessment Tool</i> <i>Product Analysis, FODPAN</i></p> <p><i>Standard</i> <i>All applicable sections have been completed accurately</i></p> <ul style="list-style-type: none"> • module reflection in which the student will complete one of the following: <ul style="list-style-type: none"> – <i>Reflection Log: Introductory Level, FODREF-1</i> – <i>Field Trip Assessment, FODFTA</i> – <i>Article or Audio-visual Review, FODAVR.</i> <p><i>Standard</i> <i>All sections have been completed accurately</i></p> <ul style="list-style-type: none"> • observations of individual effort and interpersonal interaction during the learning process. <p><i>Assessment Tool</i> <i>Basic Competencies Reference Guide and any assessment tools noted above</i></p> | <p>10</p> <p>10</p> <p>Integrated throughout</p> |

| Concept | Specific Learner Expectations | Notes |
|---|---|--|
| <p>Safety, Sanitation and Equipment</p> | <p><i>The student should:</i></p> <ul style="list-style-type: none"> • demonstrate safe and correct use of tools and equipment in the baking area • recognize the need for accuracy in measuring. | <p>Electric mixer, blender, food processor, bread machine.</p> |

MODULE FOD1020: BAKING BASICS (continued)

| Concept | Specific Learner Expectations | Notes |
|------------------------------|--|---|
| Nature of Food | <p><i>The student should:</i></p> <ul style="list-style-type: none"> • identify the role of quick breads, cookies, cakes and desserts in the Canadian diet considering nutrition and culture • examine the characteristics and functions of key baking ingredients including: <ul style="list-style-type: none"> – flours – fats – sugars – eggs – liquids – leavening agents – flavouring agents • examine quick breads, categorizing them by their characteristics and preparation techniques: <ul style="list-style-type: none"> – muffin method – biscuit method – creaming method • differentiate between the main types of cookies • compare the one-bowl method and the creaming method for shortened cakes. | <p>Bread, all purpose, cake, pastry flours.</p> <p>Spices, extracts, etc.</p> <p>Dropped, rolled, molded, refrigerator, pressed, bar.</p> |
| Preparation and Presentation | <ul style="list-style-type: none"> • develop skills and techniques in the preparation of baked products, demonstrating: <ul style="list-style-type: none"> – accuracy in measuring/scaling – correct mixing procedures – appropriate pan preparation – baking and determining doneness – altering and varying basic recipes according to instructions – compensating for failures and defects • prepare and evaluate baked products including: <ul style="list-style-type: none"> – a variety of cookies, employing varied mixing and makeup techniques – a variety of quick breads, including muffins and biscuits | <p>Measuring tools/scales.</p> <p>Apply identified standards in product evaluation.</p> |

MODULE FOD1020: BAKING BASICS (continued)

| Concept | Specific Learner Expectations | Notes |
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| Preparation and Presentation (continued) | <p><i>The student should:</i></p> <ul style="list-style-type: none"> – shortened cake – basic butter cream icing • develop skills and techniques in the production and evaluation of simple desserts. | <p>Creaming and/or one-bowl methods.</p> <p>Puddings, custards, gelatin desserts, crumb crusts.</p> |
| Career Exploration/ Portfolio | <ul style="list-style-type: none"> • investigate career options where skills developed in Baking Basics are particularly important. | <p>What coping skills, attitudes, knowledge have developed?</p> <p>How does this relate to the students' beliefs, interests and values?</p> <p>How are these important now?</p> <p>How will they be important in the future?</p> |