

Baking & Pastry Arts

COURSE OUTLINE

1. **Course Title:** Baking & Pastry Arts
2. **CBEDS Title:** Food and Hospitality Services
3. **CBEDS Number:** 4420
4. **Job Titles:**

Food Service Worker Baker
Pastry Chef Assistant Pastry Chef
Food Processing Worker

5. Course Description: This course is designed to educate students in the art of Baking and Pastry Arts. Students will learn the basics of mixing, shaping and baking for several baked goods including quick breads, cakes, pastry doughs, mousses, sauces, glazes, cookies, candies and confections. Plated desserts, international baked foods, chocolate work and decorated cakes are highlighted. In addition, students will be introduced to decorating techniques. Students will learn in a well-equipped, modern kitchen and also prepare food for school functions and community service events. This course includes classroom instruction and practical lab work in a commercial kitchen

Student Outcomes and Objectives:

Students will:

1. Be introduced to the following: commercial baking equipment, quantity baking and specialty ingredients, breads, laminated doughs, quick breads, cakes, creams & mousses, meringue, dessert buffet, custards, dessert soufflés, dessert sauces, frozen desserts, plated desserts, confections, candy and sugar work, chocolate desserts and candies, holiday desserts.
2. Prepare the above listed baking and pastry items for various foods production events.
3. Plating and presentation will be emphasized in baking productions.
4. Be introduced to careers in the culinary and hospitality fields through research, visits from professional chefs and other food professionals, job shadowing, internships and field trips.
5. The student will learn about the history and background of international desserts and baked foods.

Pathway

Recommended Sequence	Courses
Introductory	Culinary Arts
Skill Building	Advanced Culinary Arts and/or Baking and Pastry Arts
Advanced Skill	Culinary Arts Cooperative

6. Hours: *Students receive up to 180 hours of classroom instruction.*

7. Prerequisites: None

8. Date (of creation/revision): July 2010

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Upon successful completion of this course, students will be able to demonstrate the following skills necessary for entry-level employment.				
Instructional Units and Competencies	Course Hours	Model Curr. Standards	CA Academic Content Standards	CAHSEE
<p>I. CAREER PREPARATION STANDARDS</p> <p>A. Career Planning and Management.</p> <ol style="list-style-type: none"> 1. Know the personal qualifications, interests, aptitudes, knowledge, and skills necessary to succeed in careers. <ol style="list-style-type: none"> a. Students will identify skills needed for job success b. Students will identify the education and experience required for moving along a career ladder. 2. Understand the scope of career opportunities and know the requirements for education, training, and licensure. <ol style="list-style-type: none"> a. Students will describe how to find a job. b. Students will select two jobs in the field and map out a timeline for completing education and/or licensing requirements. 3. Develop a career plan that is designed to reflect career interests, pathways, and postsecondary options. <ol style="list-style-type: none"> a. Students will conduct a self—assessment and explain how professional qualifications affect career choices. 4. Understand the role and function of professional organizations, industry associations, and organized labor in a productive society. <ol style="list-style-type: none"> a. Contact two professional organization and identify the steps to become a member. 5. Understand the past, present and future trends that affect careers, such as technological developments and societal trends, and the resulting need for lifelong learning. <ol style="list-style-type: none"> a. Students will describe careers in the building trades construction industry sector. b. Students will identify work-related cultural differences to prepare for a global workplace. 6. Know the main strategies for self-promotion in the hiring process, such as completing job applications, resume writing, interviewing skills, and preparing a portfolio. <ol style="list-style-type: none"> a. Students will write and key a resume, cover letters, thank you letters, and job applications. b. Students will participate in mock job interviews. <p>B. Technology.</p> <ol style="list-style-type: none"> 1. Understand past, present and future technological advances as they relate to a chosen pathway. 2. Understand the use of technological resources to gain access to, manipulate, and produce information, products and services. 3. Understand the influence of current and emerging technology on selected segments of the economy. 4. Use appropriate technology in the chosen career pathway. <p>C. Problem solving and Critical Thinking.</p> <ol style="list-style-type: none"> 1. Apply appropriate problem-solving strategies and critical thinking to work-related issues and tasks. 2. Understand the systematic problem-solving models that incorporate input, process, outcome and feedback components. 3. Use critical thinking skills to make informed decisions 	<p>22</p> <p>Additional hours are integrated throughout the course.</p>	<p>Hospitality, Tourism, & Recreation Industry Sector, Model Curriculum Standards</p> <p>3.0, 4.0, 5.0, 6.0, 7.0, 8.0, 9.0, 10.0</p>	<p><u>Language Arts</u> (8) R 1.3, 2.6 W1.3, 2.5, LC 1.4,1.5 1.6 LS1.2, 1.3, (9/10) R2.1,2.3,2 W2.5 LC1.4 LS 1.1, 2.3 (11/12) R2.3 W2.5 LC1.2 <u>Math</u> (7) NS1.2, 1.7 MR 1.1,1.3 2.7,2.8, 3.1</p>	<p>Lang. Arts R 8.2.1 (9/10) R 2.1, 2.3 W2.5 Math (7) NS 1.2, 1.3, 1.7 MR 1.1, 2.1, 3.1</p>

<p>and solve problems.</p> <ol style="list-style-type: none"> 4. Apply decision-making skills to achieve balance in the multiple roles of personal, home, work and community life. <p>D. Health and Safety.</p> <ol style="list-style-type: none"> 1. Know policies, procedures, and regulations regarding health and safety in the workplace, including employers' and employees' responsibilities. 2. Understand critical elements of health and safety practices related to storing, cleaning and maintaining tools, equipment, and supplies. <p>E. Responsibility & Flexibility.</p> <ol style="list-style-type: none"> 1. Understand the qualities and behaviors that constitute a positive and professional work demeanor. 2. Understand the importance of accountability and responsibility in fulfilling personal, community, and workplace roles. 3. Understand the need to adapt to varied roles and responsibilities. 4. Understand that individual actions can affect the larger community. <p>F. Ethics and Legal Responsibilities</p> <ol style="list-style-type: none"> 1. Know the major local, district, state, and federal regulatory agencies and entities that affect the industry and how they enforce laws and regulations. 2. Understand the concept and application of ethical and legal behavior consistent with workplace standards. <ol style="list-style-type: none"> a. Contact a business and obtain a copy of their rules for employment. b. Role play difference ethical scenarios. 3. Understand the role of personal integrity and ethical behavior in the workplace. <p>G. Leadership and Teamwork.</p> <ol style="list-style-type: none"> 1. Understand the characteristics and benefits of teamwork, leadership, citizenship in the school, community, and workplace settings. 2. Understand the ways in which professional associations, such as the American Restaurant Assn., the International Hotel and Restaurant Assn., and other hospitality associations and competitive career development activities enhance academic skills, career choices, and contribute to promote employability. 3. Understand how to organize and structure work individually and in teams for effective performance and attainment of goals. 4. Know multiple approaches to conflict resolution and their appropriateness for a variety of situations in the workplace. 5. Understand how to interact with others in ways that demonstrate respect for individual and cultural differences and for the attitudes and feelings of others. 				
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Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
<p>I Hygiene</p> <ul style="list-style-type: none"> A. Display Neat Appearance B. Demonstrate Hygienic Practices in Food Preparation C. Maintain a Sanitary Kitchen and Dining Area D. Food Care and Storage E. Sanitary Method of Hand Washing F. List Prevention of Food-Borne Illness 	10	Food Svc.& Hospitality Pathway B3.2 B3.3 B3.4	ELA 11-12; R; 1.0, 1.1.-1.3, 2.0, 2.1-2.6 W; 1.0; 1.1-1.5, 1.6-1.8, 1.9, 2.0, 2.1-2.6 WO, 1.0 S. 9-12; Chem; 6a	ELA 9-10; R; 1.1, 1.2 W; 1.1-1.6, 1.9 WO; 1.1-1.3, 1.5
<p>II. Safety and Sanitation</p> <ul style="list-style-type: none"> A. Maintain Safe Work Environment B. Exhibit Competence of Accident Prevention, i.e., burns, falls, cuts, etc. C. Proper Storage of Chemicals and Cleaning Supplies 	15	Food Svc.& Hospitality Pathway B2.1 B2.2		
<p>III. Equipment and Utensils</p> <ul style="list-style-type: none"> A. Identification, Care and Safe Use of Utensils and tools B. Identification of Equipment C. Care and Safe Use of Equipment <ul style="list-style-type: none"> 1. Commercial Ovens and Grills 2. Commercial Dish Machines 3. Hobart Mixer and Attachments 4. Kitchen Knives 5. Food Processor 	20	Food Svc.& Hospitality Pathway B6.2	ELA 9-10; R; 2.6 WO; 1.3,1.4 LS; 1.3,1.7, 1.9	

<p>IV. Baking Mise en Place and Yeast Doughs</p> <p>A. The functions of basic ingredients in baking</p> <ol style="list-style-type: none"> a. Strengtheners b. Shorteners c. Sweeteners d. Leaveners e. Thickeners f. Flavorings <p>B. Techniques used to prepare ingredients and equipment.</p> <ol style="list-style-type: none"> a. Scaling b. Sifting dry ingredients c. Selecting and preparing pans and molds d. Selecting and preparing ovens <p>C. Yeast Breads</p> <ol style="list-style-type: none"> a. Mixing Yeast Doughs <ol style="list-style-type: none"> i. Mise En Place for yeast doughs ii. Method b. Shaping Doughs <ol style="list-style-type: none"> i. The final rise/pan-proofing ii. Docking breads and rolls c. Baking yeast breads d. Cooling and storing yeast breads <p>D. Laminated Doughs</p>	30	Food Svc.& Hospitality Pathway B6.3 B6.4 B7.3	ELA 11-12; R; 1.1-1.3, 2.1, 2.2-2.5, 2.6; LS; 1.1, 1.2 M. 7, NS; 1.3 MG; 1.1	ELA 9-10; R; 1.1-1.2, 2.1-2.5, 2.7 W; 1.1-1.6, 1.9, 2.1-2.5 WO; 1.1-1.3, 1.5 M 9-12; Alg. 1; 4.0-6.0, 9.0
<p>V. Batters</p> <p>B. Quick Breads, Cakes, and Other Batters</p> <ol style="list-style-type: none"> a. Straight mix method b. The creaming method c. The two-stage method d. The foaming method <p>C. Mixing methods for other batters and doughs</p> <ol style="list-style-type: none"> a. Biscuits, Scones, and Soda Bread 	25	Food Svc.& Hospitality Pathway B7.0 B7.3	S. 9-12; Chem.; 6c	

Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
VI. Pastry Dough <ul style="list-style-type: none"> A. Basic Pie Dough <ul style="list-style-type: none"> i. Pâte sucrée ii. Pâte brisée <ul style="list-style-type: none"> a. Preparing Pies and Tarts <ul style="list-style-type: none"> 1. Lining a Pie Plate or Tart Mold 2. Baking Blind 3. Fillings for Pies and Tarts 4. Topping Pies and Tarts 5. Baking Pies and Tarts B. Roll-in Doughs <ul style="list-style-type: none"> a. Doughs with Separate Roll-ins C. Sidebar Handling Roll-In Doughs <ul style="list-style-type: none"> a. Method for Blitz Puff Pastry b. Rolling, Folding and Shaping the Finished Dough <ul style="list-style-type: none"> 1. Handling Method for Phyllo Dough 2. Fillings for Pastries D. Pâte à Choux 	25	Food Svc. & Hospitality Pathway B7.0 B7.1 B7.4	S. 9-12; Chem.; 6c	
VII. Creams, Bavarians, and Mousses <ul style="list-style-type: none"> A. Vanilla Sauce B. Pastry Cream C. Bavarian Creams D. Mousse E. Buttercreams <ul style="list-style-type: none"> a. Two Basic Methods 	15	Food Svc. & Hospitality Pathway B7.0 B7.1 B7.4	S. 9-12; Chem.; 6c, 6d	
VIII. Sauces, Glazes, and Frozen Desserts <ul style="list-style-type: none"> A. Chocolate Sauce B. Syrups and glazes C. Fruit Sauces D. Caramel/Butterscotch Sauces E. Sabayon (Zabaglione) F. Fruit Curds G. Frozen Desserts <ul style="list-style-type: none"> a. Frozen Soufflés and Mousses b. Ice Cream and Gelato c. Sorbets and Sherbets d. Granité 	15	Food Svc. & Hospitality Pathway B7.1 B7.4	S. 9-12; Chem.; 6c, 6d	

Instructional Units and Competencies	Hours	Model Curr. Standards.	CA Academic Standards	CAHSEE
IX. Cookies, Candies, and Dessert Assembly, Plating and Presentation <ul style="list-style-type: none"> A. Simple Cookies, Candies, and Confections <ul style="list-style-type: none"> a. Preparing Cookies and Other Small Pastries B. Special Tools and Techniques for Decorating Pastries and Cakes <ul style="list-style-type: none"> a. Parchment Cones b. Pastry Bags and Tips c. Assembling and Decorating Cakes d. Sidebar Decorating Tips for Cakes 	15	Food Svc. & Hospitality Pathway B6.5 B7.0 B7.4	S. 9-12; Chem.; 6c	

10. Additional recommended/optional items

a. Articulation: None

b. Academic credit: N/A

c. Instructional strategies:

Methods of Instruction:

- a. Lecture and Discussion
- b. Demonstrations
- c. Lab projects and Analysis
- d. Research and Reports
- e. Use of Available Audiovisual Materials
- f. Community Resources (speakers)
- g. Field Trips
- h. Catering Events

d. Instructional materials: Culinary Essentials; Johnson & Wales University; Glencoe McGraw-Hill 2002

e. Certificates: None