

WA-FACSE Summer Conference 2-day Baking Workshop

Baking STE(A)M for FACSE, CTE Foods and Culinary

August 3-4, 2019

NEWTech Skill Center, Spokane WA

Instructors: **Sharon Davis & Connie Nieman**

Home Baking Association (HBA) / WA Wheat Foundation



Registration \$125 (Limited to 15 students) (WA FCS/CTE)

Tentative Schedule:

August 3:	Welcome
7:45-8:00	Arrive, introductions, "housekeeping" <i>Sensory Analysis: Smart Snack recipe (Carrot Streusel Muffin)</i>
8:00-8:30	Baking STEAM & Standards Connections
8:30-9:30	Baking food safety steps, temperatures Baking Ingredient sciences, functions (PP/Hands-on) <i>5-Min Activities: Wheat Classes/Flour Types/Yeast /Sugars/Salt/Fats</i>
9:30-10:00	Consumer Sciences: Myths, Trends, Your Market <i>What is Gluten? Baking Whole Grain</i>
10:15-10:45	Baking <i>mise en place</i> , measurement math, scaling
11:00	Demos, team up and dough prep <i>WG Pizza Crust (lunch); Cracker Bread dough</i> <i>Fast fermentation (Pizza) Cracker Bread</i> <i>3-2-1 Pastry Dough (Bake Day 2)</i> <i>Seeded Cracker Dough</i>
Noon	Prep Personal Pan Pizzas from pizza from dough <i>Eat; Sensory analysis, Smart Snack recipe</i>
1:15-2:15	Prep Slow fermentation dough for Day 2—focaccia/pita/baguette
2:15-2:30	Demo, Crackers; Cracker Bread
2:45-3:15	Bake-off Crackers; Cracker Bread
3:15-4:00	Teaching strategies; Resource connections on-line and on USB drive <i>Evaluate Seeded Crackers; Cracker Bread</i>
August 4	
8:00-8:15	Smart Snack Sensory Analysis (Apple Cinnamon Roll)
8:15-9:15	Consumer Sciences Trends: Ancient Grains –Pseudo and Real (Sharon) <i>Samples, examples, baking substitutions; methods</i>
9:15-9:45	Demo; Shaping Focaccia; Baguette; Ciabatta (Connie)
10:00-11:30	Lab shape personal focaccia; baguette; ciabatta <i>mise en place</i> Cup Cake Ingredient Swap lab Bake focaccia; baguette; ciabatta Prep hummus; veggies for sandwiches
12:00-1:00	Enjoy Focaccia sandwiches with lunch speakers, resources Reliably Fav Baking Resources, Connie, Sharon, Class members
1:10-2:45	3-2-1 Pastry Math Demo Galette; review Cup Cake Ingredient Swap Lab steps Teams prep and bake Galette Cup Cake Ingredient Swap lab and Rubric
3:00-3:45	Teaching Strategies for Chocolate Tasting Smart Snack Double Chocolate Cookie and Consumer Sensory Analysis
3:45-4:15	Bake to Serve community connections and service learning Evaluations, receive baking resources

All participants will receive:

- USB of 350-page *A Baker's Dozen Lab manual, 2018 version; FACS 2018 standards aligned*
- Appendix includes class resources OR on-line access provided in class.
- Download *Smart Snack Baking recipes onto the USB – these recipes are vetted and qualify for in-school bake sales if teachers desire.*
- *2019 Baking Food Safety 101 resources will be added on site*
- *Resources teachers/classmates may share via Google or Google Docs.*

All students bring: Hair covering; lap-tops, or pads to access resources shared. Please wear close-toed (foods) lab shoes; aprons provided; no jewelry or nail polish please.

2FCS Nat'l Standards 3.0

nasafacs.org

Career Community and Family Connections

1.2 Demonstrate Transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.

1.3.2 Demonstrate skills individuals and families can utilize to support civic engagement in community activities

Consumer and Family Resources

2.1.3 Analyze decisions about providing safe and nutrition food for individuals and families.

2.2.3 Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment.

Food Production and Services

8.2.5 Practice standard personal hygiene and wellness procedures

8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups

8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis

8.5.2 Demonstrate professional skill for a variety of cooking methods including...baking using professional equipment and current technologies.

8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie content, utilize herbs, spices

Food Science, Dietetics and Nutrition

9.5.6 Conduct sensory evaluations of food products

Hospitality, Tourism and Recreation

10.4.4 Apply basic food preparation and service skills in catering operations

Workshop STEAM References:

A Bakers Dozen Labs, 2018 USB-
HomeBaking.org

Baking Food Safety 101, 2019
Dough Sculpting 101, HomeBaking.org
50, 5-Minute Baking Activities. Home
Bread Baker's Apprentice Peter
Reinhart