

Coastline ROP – Career Technical Education

BAKING AND PASTRY FUNDAMENTALS

INDUSTRY SECTOR: Hospitality, Tourism and Recreation Sector

PATHWAY: Multiple Pathways

CALPADS TITLE: Introduction to Hospitality, Tourism, and Recreation

CALPADS CODE: 8000

HOURS:

Total	Classroom	Laboratory/CC/CVE
180	180	0

JOB TITLE	O*NET CODE	JOB TITLE	O*NET CODE
Food Preparation Workers	35-2021.00	Bakers	51-3011.00
Chefs and Head Cooks	35-1011.00	Cooks, Restaurant	35-2014.00

COURSE DESCRIPTION:

This class is designed to introduce the novice chef or student to baking and pastry. Students will learn the principles and techniques needed to work successfully in the baking industry. Topics include equipment handling, product identification, terminology and food preparation. Students will make basic breads, pastries, cakes, and mousses as well as learn about plate presentation.

A-G APPROVAL: No

ARTICULATION:

College	Course Code
Saddleback College	FN244

DUAL ENROLLMENT: None

PREREQUISITES:

Prerequisite
None

METHODS OF INSTRUCTION

- Direct instruction
- Group and individual applied projects
- Multimedia
- Demonstration
- Field trips
- Guest speakers

STUDENT EVALUATION:

- Student projects
- Written work
- Exams
- Observation record of student performance
- Completion of assignment

INDUSTRY CERTIFICATION:

- Food Handlers Certificate (ServSafe)

RECOMMENDED TEXTS:

- On Baking 3rd Edition - Sarah R. Labensky, Priscilla A. Martel, Eddy Van Damme

PROGRAM OF STUDY

Grade	Fall	Spring	Year	Course Type	Course Name
9, 10, 11, 12				Introductory	Baking and Pastry Fundamentals
10, 11, 12				Concentrator	Culinary Arts
10, 11, 12				Capstone	Culinary Arts Advanced

I.	INTRODUCTION AND ORIENTATION	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Demonstrate awareness of course objectives and competencies • Demonstrate an understanding of course requirements and student expectations • Demonstrate awareness of the industry standards and career opportunities 	2	0	Academic: LS: 11-12.6 RSIT: 11-12.2 RLST: 11-12.8 WS: 11-12.2 WHSST: 11-12.1 SEP: 4 CTE Anchor: Communications: 2.3 Technical Knowledge and Skills: 10.14 CTE Pathway: A3.1
II.	SANITATION	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Demonstrate an understanding of basic rules in handling and serving food • Discuss food contamination and food poisoning • Read sanitation codes and discuss isolation techniques • Demonstrate awareness of pests and vermin and the use of insecticides and aerosols • Discuss personal hygiene • Practice proper dishwashing procedures 	8	0	Academic: ESS: ESS3, ESS3.B CTE Anchor: Health and Safety: 6.1, 6.2, 6.3, 6.4, 6.5, 6.6, 6.7 CTE Pathway: B3.3, B3.4, B3.5, B3.1, B3.2
III.	SAFETY	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Identify the conditions contributing to accidents • List the safety procedures involved in food preparation • Identify OSHA requirements 	6	0	Academic: RLST: 11-12.1 CTE Anchor: Technical Knowledge and Skills: 10.2 CTE Pathway: B2.2, B3.2, B4.1
IV.	EQUIPMENT FOR FOOD PREPARATION, BAKING, AND SERVICE	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Explain the types and functions of equipment • Demonstrate procedures for use and maintenance • Identify utensils needed for specific tasks • List guidelines for equipment storage 	8	0	Academic: LS: 11-12.4, 11-12.6 CTE Anchor: Technology: 4.5, 4.6 Demonstration and Application: 11.2 CTE Pathway: A8.2, A8.4, B6.2, B6.3
V.	TERMINOLOGY	CR	Lab/ CC	Standards

	<ul style="list-style-type: none"> • Demonstrate knowledge of terminology used in baking, including French terms commonly used in cooking 	6	0	Academic: RSIT: 11-12.3 CTE Anchor: Communications: 2.3 CTE Pathway: A8.1, B6.2, B6.3
VI.	FEDERAL AND STATE LAWS GOVERNING THE FOODS INDUSTRY	CR	Lab/CC	Standards
	<ul style="list-style-type: none"> • Discuss child labor laws and the Fair Labor Standards Act • Explain employee-related laws concerning wages, overtime, breaks and holidays • Discuss the truth in menu law and liability 	6	0	Academic: WHSST: 11-12.10, 11-12.9 CTE Anchor: Technology: 4.5 CTE Pathway: B4.2, B4.1
VII.	BAKERY PRODUCT PREPARATION	CR	Lab/CC	Standards
	<ul style="list-style-type: none"> • Demonstrate an understanding of mixing, proofing, time, temperature, and humidity as they relate to baking bread • Prepare cookies, pie dough, Danish and croissant dough, crepes, fritters, crisps and cobblers • Demonstrate basic cake making 	50	0	Academic: RSIT: 11-12.3 CC: 3 CTE Anchor: Problem Solving and Critical Thinking: 5.4 CTE Pathway: A9.5, B7.2
VIII.	CULINARY MATH	CR	Lab/CC	Standards
	<ul style="list-style-type: none"> • Explain metric and standard weights and measurements • Practice recipe conversion • Demonstrate an understanding of food portioning and scaling of ingredients 	6	0	Academic: F-IF: 4 CTE Anchor: Technology: 4.3 CTE Pathway: A10.2
IX.	PROCEDURES FOR RECEIVING AND STORAGE OF FOODS	CR	Lab/CC	Standards
	<ul style="list-style-type: none"> • Explain the receiving process • Demonstrate an understanding of food storage and supplies • Examine orders for quality and quantity 	8	0	Academic: LS: 11-12.3 CTE Anchor: Health and Safety: 6.6 CTE Pathway: B2.1
X.	COSTING AND PRICING	CR	Lab/CC	Standards
	<ul style="list-style-type: none"> • Determine food costs • Identify areas of waste • Explain the food purchasing process • Determine labor costs 	8	0	Academic: PE: 12.4 CTE Anchor: Ethics and Legal Responsibilities: 8.2 CTE Pathway: C4.6

XI.	PASTRY PREPARATION	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Make dessert sauces, creams, custards, and coulis • Identify thickening agents • Explain the different types of chocolate, their properties, and tempering • Make mousses, parfaits, soufflés, and ganache • Prepare meringues • Make pate choux, petite fours, and miniature pastries • Prepare icings, buttercreams, and frostings and practice cake decorating • Identify the elements of plate presentation 	50	0	Academic: RSIT: 11-12.3 CC: 3 CTE Anchor: Technical Knowledge and Skills: 10.1, 10.1, 10.6, 10.7 CTE Pathway: B6.3, B6.4, B6.5, B6.6, B6.1, B6.2, B7.2, B7.3, B7.4
XII.	EMPLOYMENT LITERACY	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Identify available positions in the industry through the use of the the Internet • Complete an application form correctly • Prepare a written resume • Participate in a simulated employment interview • Prepare a portfolio 	10	0	Academic: LS: 11-12.6 CTE Anchor: Career Planning and Management: 3.1, 3.2 CTE Pathway: B1.2
XIII.	PERSONAL SKILLS RELATED TO EMPLOYMENT	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Demonstrate promptness, attend class regularly, and follow absence notification procedures • Develop and maintain acceptable working relations with others • Demonstrate the ability to manage time wisely • Demonstrate a positive and cooperative attitude • Demonstrate values of honesty and integrity • Demonstrate respect for others • Dress in a professional manner according to industry standards • Demonstrate appropriate personal hygiene/grooming, and dress • Demonstrate responsibility by exerting a high level of effort and working toward a goal 	3	0	Academic: LS: 11-12.3, 11-12.4 CTE Anchor: Career Planning and Management: 3.2, 3.3 CTE Pathway: A2.3
XIV.	INTERPERSONAL SKILLS AND GROUP DYNAMICS	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Demonstrate the ability to work as a member of a team • Identify proper procedures for handling harassment • Demonstrate leadership skills by working independently, making appropriate decisions, working well with others, and accepting constructive criticism • Demonstrate the ability to accept and work with individuals from various cultures 	3	0	Academic: LS: 11-12.6 CTE Anchor: Career Planning and Management: 3.3 CTE Pathway: C2.2
XV.	THINKING AND PROBLEM SOLVING SKILLS	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Utilize problem-solving techniques • Understand logical reasoning • Demonstrate creative thinking • Participate in decision-making • Analyze hierarchy in the workplace • Demonstrate the ability to interpret information correctly 	3	0	Academic: RSIT: 11-12.3 CTE Anchor: Technical Knowledge and Skills: 10.4 CTE Pathway:

				C2.1
XVI.	COMMUNICATION SKILLS	CR	Lab/ CC	Standards
	<ul style="list-style-type: none"> • Demonstrate effective verbal and written skills • Read technical journals, and write technical reports using appropriate terminology • Listen attentively, follow directions, and relay directions to others • Demonstrate ability to research and retrieve information 	3	0	Academic: WH: 10.11 CTE Anchor: Communications: 2.2 CTE Pathway: C5.6