

# BAKER (FUNDAMENTALS) (250 Hours)

Course No.: 78-50-50

## COMPETENCY CHECKLIST

Student Name \_\_\_\_\_

Teacher Name \_\_\_\_\_ School Site \_\_\_\_\_

Start Date \_\_\_\_\_ Completion Date \_\_\_\_\_ Certificate Date \_\_\_\_\_

Teacher Signature \_\_\_\_\_ Student Signature \_\_\_\_\_

(Signatures verify completion of course competencies)

### A. INTRODUCTION (6 hrs)

- \_\_\_\_\_ 1. Class procedures & policies
- \_\_\_\_\_ 2. Benefits of career in baking
- \_\_\_\_\_ 3. Class skills applied to work environment
- \_\_\_\_\_ 4. Differentiate between doughs & batters
- \_\_\_\_\_ 5. Mark-up/merchandising of bakery products
- \_\_\_\_\_ 6. Career opportunities available in industry field
- \_\_\_\_\_ 7. Organization of the modern kitchen
- \_\_\_\_\_ 8. Standard of professionalism in industry
- \_\_\_\_\_ 9. Using Internet to research menus & recipes

### B. SAFETY AND SANITATION (20 hrs)

- \_\_\_\_\_ 1. Safe use of food processors/mixers
- \_\_\_\_\_ 2. Safe use of stovetops & ovens
- \_\_\_\_\_ 3. Safe use of fryer
- \_\_\_\_\_ 4. Safe use of cutlery
- \_\_\_\_\_ 5. Safe use of hand tools
- \_\_\_\_\_ 6. Cleaning kitchen equipment safely
- \_\_\_\_\_ 7. Fire extinguishing techniques
- \_\_\_\_\_ 8. Immediate treatment of burns
- \_\_\_\_\_ 9. Immediate treatment of cuts
- \_\_\_\_\_ 10. How to recognize contaminated products
- \_\_\_\_\_ 11. Control of bacteria and their carriers
- \_\_\_\_\_ 12. Importance of good health in workers
- \_\_\_\_\_ 13. Proper clothing /sanitation habits of workers
- \_\_\_\_\_ 14. Differentiate among the 3 groups of bacteria
- \_\_\_\_\_ 15. Basic steps in sterilization
- \_\_\_\_\_ 16. Compare streptococcus, salmonella, & botulism
- \_\_\_\_\_ 17. Food dehydration
- \_\_\_\_\_ 18. Favorable conditions: bacteria to reproduce
- \_\_\_\_\_ 19. Danger zone for food
- \_\_\_\_\_ 20. Tasting food suspected of being contaminated
- \_\_\_\_\_ 21. Store cooked & non-cooked food properly
- \_\_\_\_\_ 22. Storing cleaning solutions & non-food items

### C. WEIGHTS AND MEASURES (4 hrs)

- \_\_\_\_\_ 1. Correct use: Baker's scale, both balance & digital
- \_\_\_\_\_ 2. Liquid measurement
- \_\_\_\_\_ 3. Compute various formula modifications
- \_\_\_\_\_ 4. Ability to decrease the quantities in a recipe
- \_\_\_\_\_ 5. Ability to increase the quantities in a recipe

### D. INGREDIENTS (6 hrs)

- \_\_\_\_\_ 1. Distinguish among various types of sugars
- \_\_\_\_\_ 2. Distinguish among various types of flours
- \_\_\_\_\_ 3. Chemical leavening
- \_\_\_\_\_ 4. Yeast as leavening
- \_\_\_\_\_ 5. Use of salt and spices
- \_\_\_\_\_ 6. Effect of a lack of salt on foods
- \_\_\_\_\_ 7. Proper handling of fruit
- \_\_\_\_\_ 8. Appropriate uses of fruit
- \_\_\_\_\_ 9. Effect of eggs on various formulas
- \_\_\_\_\_ 10. Proper storage of various ingredients

### E. EQUIPMENT (6 hrs)

- \_\_\_\_\_ 1. Safe operation of a vertical mixer
- \_\_\_\_\_ 2. Safe operation of commercial ovens
- \_\_\_\_\_ 3. Safe use of cutlery
- \_\_\_\_\_ 4. Cleaning & basic maintenance of equipment
- \_\_\_\_\_ 5. Cleaning utensils, tables, bins, other equipment
- \_\_\_\_\_ 6. Safety procedures related to use of equipment
- \_\_\_\_\_ 7. Safe use of a doughnut fryer
- \_\_\_\_\_ 8. Proper filtration of doughnut fryer fats
- \_\_\_\_\_ 9. Use of knives, hand tools, & small equipment

### F. BREAD VARIETIES (45 hrs)

- \_\_\_\_\_ 1. Various bread formulas
- \_\_\_\_\_ 2. Basic bread mixing
- \_\_\_\_\_ 3. Basic bread fermentation

- \_\_\_\_\_ 4. Basic bread scaling and make-up
- \_\_\_\_\_ 5. Basic bread baking
- \_\_\_\_\_ 6. Staling of bread
- \_\_\_\_\_ 7. Sourdough and specialty bread production

**G. SWEET YEAST DOUGH (35 hrs)**

- \_\_\_\_\_ 1. Basic sweet dough formulas
- \_\_\_\_\_ 2. Basic sweet dough mixing
- \_\_\_\_\_ 3. Perform sweet dough scaling & make-up
- \_\_\_\_\_ 4. Sweet dough fermentation
- \_\_\_\_\_ 5. Test for proof of yeast-raised products
- \_\_\_\_\_ 6. Sweet dough baking
- \_\_\_\_\_ 7. Sweet dough finish

**H. BASIC DOUGHNUT & CRULLER PRODUCTION (23 hrs)**

- \_\_\_\_\_ 1. Chemical agent vs. yeast product leavening
- \_\_\_\_\_ 2. Basic cake doughnut production
- \_\_\_\_\_ 3. Importance of batter temperature control
- \_\_\_\_\_ 4. Cake doughnut mixing procedures
- \_\_\_\_\_ 5. Importance of frying temperature
- \_\_\_\_\_ 6. Cake doughnut frying
- \_\_\_\_\_ 7. Cake doughnut finishing
- \_\_\_\_\_ 8. Basic yeast-raised doughnut mixing
- \_\_\_\_\_ 9. Yeast-raised doughnut fermentation
- \_\_\_\_\_ 10. Rolling & cutting of yeast-raised doughnuts
- \_\_\_\_\_ 11. Proper temperature & humidity of proof box
- \_\_\_\_\_ 12. Proper proof for yeast-raised doughnuts
- \_\_\_\_\_ 13. Frying of yeast-raised doughnuts
- \_\_\_\_\_ 14. Ability to finish yeast-raised doughnuts
- \_\_\_\_\_ 15. Proper merchandising of doughnut products
- \_\_\_\_\_ 16. Explain staling of doughnuts

**I. BASIC PROCEDURES OF CAKE PRODUCTION (33 hrs)**

- \_\_\_\_\_ 1. Steps of basic cake production
- \_\_\_\_\_ 2. Cake mixing
- \_\_\_\_\_ 3. Proper scaling
- \_\_\_\_\_ 4. Proper baking
- \_\_\_\_\_ 5. Proper handling of cake products
- \_\_\_\_\_ 6. Ability to finish cake products
- \_\_\_\_\_ 7. Simple decorating techniques
- \_\_\_\_\_ 8. Proper merchandising of cake products

**J. BASIC PIE PRODUCTION (32 hrs)**

- \_\_\_\_\_ 1. Mixing techniques for pie dough
- \_\_\_\_\_ 2. Common pie faults and possible causes
- \_\_\_\_\_ 3. Prepare fillings for pies
- \_\_\_\_\_ 4. Demonstrate pie make up
- \_\_\_\_\_ 5. Pie dough vs. short dough
- \_\_\_\_\_ 6. Pie baking
- \_\_\_\_\_ 7. Proper merchandising of pie products

**K. BASIC COOKIE PRODUCTION (30 hrs)**

- \_\_\_\_\_ 1. Basic cookie ingredients
- \_\_\_\_\_ 2. Mixing of cookie dough
- \_\_\_\_\_ 3. Make-up of dough
- \_\_\_\_\_ 4. Garnishing of cookies
- \_\_\_\_\_ 5. Proper baking techniques in variety of cookies
- \_\_\_\_\_ 6. Various factors & problems in cookie production
- \_\_\_\_\_ 7. Proper merchandising of cookie products

**L. EMPLOYABILITY SKILLS (10 hrs)**

- \_\_\_\_\_ 1. Steps used in a job search
- \_\_\_\_\_ 2. Résumé/cover letter and value in job search
- \_\_\_\_\_ 3. Complete a job application legibly
- \_\_\_\_\_ 4. Work habits of punctuality/regular attendance
- \_\_\_\_\_ 5. Job interview preparation
- \_\_\_\_\_ 6. Customer service in building relationships