

Primary Home Care Series

BAKING

NAME _____ SCHOOL _____

DATE STARTED _____ DATE COMPLETED _____

TO THE SUPERVISOR

Please ensure the student understands the data below in language appropriate for the student.

PREREQUISITES: Boiling Foods; some knowledge of fractions; knowledge of numbers to 500; ability to tell time. Measuring 3, Washing Dishes recommended.

HOW TO DO THIS COURSE: Do the steps one at a time, in order. When you finish a step, put your initials and the date on the sign-off line on the right. A split line means to get a pass (and an initial) from another student (or your supervisor if it says that). A * means to get a checkout.

PURPOSE: To learn how to bake food.

ESTIMATED TIME: 7 hours.

MATERIALS NEEDED TO DO THIS COURSE

Stove (knob for turning on the oven should be labeled “oven knob”); mixing bowls (different sizes), spoons, forks, knives, a cookie sheet, a pie pan, a meatloaf pan, pot holders, a cooling rack, paper towels, measuring cups, measuring spoons, a large canister filled with flour, hand mixer, electric hand mixer, a cookbook with lots of pictures, butter, shortening, 2 eggs, vanilla. Specific ingredients needed for recipes made as part of the course are given in the study booklet.

Heron study booklet with these Data Sheets:

904	905	906	907	908	909	910	2965
911	912	913	914	915	916	917	918

Exam: 2973

A. INTRODUCTION

1. READ: Data Sheet #904 Bake. _____
2. DEMONSTRATE: Go to the kitchen. Find the oven knob. _____
3. DEMONSTRATE: Draw a picture of some things you would like to bake. Give the picture to your supervisor. _____
4. READ: Data Sheet #905 Ingredients. _____
5. DEMONSTRATE: Find some ingredients in the cooking area. _____

B. TOOLS FOR BAKING

1. READ: Data Sheet #906 Some Things You Need for Baking. _____

2. DEMONSTRATE: Find each of these things in the cooking area:

- a. mixing bowls
- b. spoons
- c. forks
- d. knives
- e. a cookie sheet
- f. a pie pan
- g. a cake pan
- h. a meatloaf pan
- i. pot holders
- j. cooling rack

3. READ: Data Sheet #907 Measuring Cups and Spoons.

4. DEMONSTRATE: Find the measuring cups and measuring spoons in the cooking area. Look at them closely and find the numbers on them that tell their size.

5. DRILL: Get a large mixing bowl, a knife, a large can of flour and the measuring cups and spoons from the cooking area. Set them on a table. Measure out each of the following:

- a. 1 cup flour
- b. $\frac{1}{2}$ cup flour
- c. $\frac{1}{3}$ cup flour
- d. $\frac{1}{4}$ cup flour
- e. $\frac{1}{2}$ rounded cup flour
- f. 1 tbsp. flour
- g. 1 tsp. flour
- h. $\frac{1}{2}$ tsp. flour
- i. $\frac{1}{4}$ tsp. flour
- j. $\frac{1}{8}$ cup flour
- k. 1 rounded tsp. flour

When you need to, level the amounts you measure using the knife. Do this over the bowl so the extra flour falls into the bowl. Pour all of the flour back into the can when you are done. Do this over and over until you can measure each amount just right.

6. READ: Data Sheet #908 Mixers.

7. DEMONSTRATE: Find the hand mixer and electric hand mixer in the cooking area. Find the electric mixer also if there is one.

8. DRILL: Pour 1 cup of flour and 1 cup of water into a mixing bowl. Take the hand mixer and beat these ingredients. Continue this until you can control the mixer well.

9. DRILL: Put water in a mixing bowl. Get the electric hand mixer and plug it in. Turn it on and practice beating the water. Lift the mixer out of the bowl before you turn it off. See if the water sprays. Then, slowly add flour to the water as you beat it. See what happens. Continue practicing with the mixer until you can use it well.

10. READ: Data Sheet #909 Baking in an Oven.

11. DRILL: Turn the oven on to:

- a. 100°
- b. 200°
- c. 300°
- d. 400°
- e. 500°

Practice turning the oven to each of these until you can do it just right.

12. DEMONSTRATE: Have a coach show you how to turn the oven on to:

- a. 125°
- b. 150°
- c. 175°
- d. 225°
- e. 250°
- f. 275°
- g. 325°
- h. 350°
- i. 375°
- j. 425°
- k. 450°
- l. 475°

13. DRILL: Turn the oven on to:

- a. 125°
- b. 150°
- c. 175°
- d. 225°
- e. 250°
- f. 275°
- g. 325°
- h. 350°
- i. 375°
- j. 425°
- k. 450°
- l. 475°

Do this with a coach to check that you do each one correctly.
Practice until you can set the oven at any of these temperatures
with no mistakes.

C. BAKING

1. READ: Data Sheet #910 Recipes. _____
2. DEMONSTRATE: Get a cookbook from your supervisor. Look through it at the pictures of things you can make to eat. _____
- *3. READ: Data Sheet #2965 About Sugar. _____
4. DEMONSTRATE USING CLAY: Why sugar is bad for you. _____
5. DEMONSTRATE: Draw a picture of what you could do if you wanted to eat something sweet, but you didn't want it to have any sugar in it. Show the picture to your supervisor. _____
6. DEFINE: grease _____
7. READ: Data Sheet #911 A Few Things to Know in Baking. _____
8. DEMONSTRATE: Get 2 eggs. Crack them. Save the insides in a bowl. Throw the shells away. Take the eggs and give them to the people in the kitchen so they can use them. _____
9. DEMONSTRATE: Find the vanilla in the cooking area. Smell it. Taste a little bit. _____
10. DRILL: Put some butter or shortening on a paper towel. Practice greasing a pan until you can do it well. Then coat the pan with flour. Wash the pan when you are done. _____
11. READ: Data Sheet #912 Beginning to Bake. _____
12. DEMONSTRATE USING CLAY: The steps in beginning to bake something. _____
13. READ: Data Sheet #913 Rules for Baking. _____
14. DEMONSTRATE (with whatever objects you wish to use): Each of the rules for baking. _____

D. PRACTICAL APPLICATION

1. READ: Data Sheet #914 Recipe for Honey Egg Nog. Make egg nog and drink it or serve it to other people. Clean up. _____
2. Make dinner for 2 people. Read Data Sheet #915 Hobo Stew and Data Sheet #916 Special Potatoes. Make these and serve them for dinner to 2 people. (You can be one of the people if you want!) Clean up. _____
3. READ: Data Sheet #917 Baked Apple Slices. Make them. Serve to your class. Clean up. _____
4. READ: Data Sheet #918 Animal Cookies. Make animal cookies. Clean up. Serve the cookies at lunch. _____

I have completed the steps of this course. I understand what I studied and can use it.

Student _____ Date _____

The student has completed the steps of this course and knows and can apply what was studied.

Supervisor _____ Date _____

This student has passed the exam for this course.

Examiner _____ Date _____