

MID-YEAR STUDY GUIDE – BAKING & PASTRY

YOUR MID-YEAR WILL CONSIST OF TWO PARTS:

PART 1:

TAKE-HOME LAB: → YOU WILL CHOOSE EITHER:

- ANY PIE OR TART FROM OUR FILES --- **OR** ---
- ANY YEAST BREAD OR ROLL FROM OUR FILES - FROM SCRATCH- **ABSOLUTELY NO BREAD MACHINES ALLOWED**

***NO QUICKBREADS FOR THIS ASSIGNMENT!!!**

→ AN ADULT FAMILY MEMBER WILL SIGN OFF ON THE ATTACHED FORM AND YOU WILL

→ BRING WHAT YOU MADE INTO CLASS ON FRIDAY, FEB 1ST TO SHARE

(YOU DON'T HAVE TO MAKE A LOT - JUST 1 BATCH OR ITEM). IF YOU HAVE ANY PROBLEMS WITH OBTAINING INGREDIENTS OR YOU NEED TO BORROW A SPECIAL PAN, LET ME KNOW AND WE WILL FIGURE SOMETHING OUT. 😊

→ FIND AT LEAST 1 WAY TO MAKE YOUR CHOICE A BIT HEALTHIER. (ie - for breads, use some whole grains and/or add nuts and seeds or cut down on sugar used in a pie or...)

PART 2: WRITTEN EXAM: YOU WILL BE RESPONSIBLE FOR THE FOLLOWING MATERIAL FROM YOUR INFO PACKETS. ALTHOUGH THE EXAM WILL BE AN "OPEN BOOK" EXAM, WE WILL HAVE A REVIEW SESSION ON THE DAY YOUR FOOD IS DUE.

⇒ **MY MID-YEAR EXAM TAKES PLACE ON: FRIDAY, FEBRUARY 1ST**
FROM 8:35-10:35 AM ←⇐

- **KITCHEN & FOOD SAFETY:** YOU WILL BE EXPECTED TO KNOW PROPER/SAFE HANDWASHING AND FOOD HANDLING PROCEDURES, WHAT THE "TEMPERATURE DANGER ZONE" IS, 3 TYPES OF COMMON KITCHEN ACCIDENTS **AND** HOW TO AVOID THEM, TYPES OF FIRES - THEIR CAUSES, WHAT MATERIAL IS INVOLVED AND THE BEST WAY TO EXTINGUISH THEM, SAFEST WAY TO WORK WITH RAW MEATS AND BASIC KNIFE SAFETY RULES. YOU WILL BE ASKED TO NAME A FOODBORNE ILLNESS, LIST ITS CAUSES AND SYMPTOMS AND DISCUSS PREVENTION - USING THE FDA CHART IN YOUR FOOD SAFETY PACKET.
- **MEASURING:** YOU WILL BE EXPECTED TO KNOW MEASURING BASICS, WHAT TYPES OF MEASURING DEVICES TO USE FOR WHAT INGREDIENTS AND TO BE ABLE TO EXPRESS HOW YOU WOULD MEASURE OUT SPECIFIC AMOUNTS REQUIRED IN A RECIPE. USING THE BASIC EQUIVALENTS CHART IN YOUR PACKET, YOU WILL BE EXPECTED TO ANSWER SEVERAL QUESTIONS INVOLVING CONVERSIONS. (**FOR EXAMPLE:** "How many squares of chocolate will give you 4 ounces?" - OR - "How many cups will give you 2 quarts of water?")
- **KNIVES & TOOLS OF THE TRADE:** YOU WILL BE ASKED TO IDENTIFY 3 BASIC KNIVES THAT WE USE REGULARLY, AND TO GIVE EXAMPLES OF HOW THEY ARE USED. (**FOR EXAMPLE:** "What is a long serrated knife used for?" Pictures will be provided) YOU WILL

ALSO BE ASKED TO IDENTIFY BETWEEN 6-8 COMMON KITCHEN TOOLS AND DESCRIBE WHAT THEY ARE USED FOR. (USING PICTURES)

- **QUICKBREADS:** YOU WILL BE EXPECTED TO KNOW THE DEFINITION OF QUICKBREADS, GIVE EXAMPLES OF QUICKBREADS AND TO KNOW WHAT A LEAVENING AGENT IS AND WHAT LEAVENERS ARE USED WHEN MAKING QUICKBREADS. YOU WILL BE ASKED TO DESCRIBE THE PROPERTIES OF THE LEAVENERS USED AND THE RESULTS/PROBLEMS THAT OCCUR WHEN THEY ARE INCORRECTLY USED (i.e.: NOT ENOUGH OR TOO MUCH).
- **PIES** – SAVORY & SWEET... TYPES OF CRUSTS, PIE MAKING TIPS, ETC
- **CREPES** – BASIC METHOD, CREATE A SIGNATURE CREPE RECIPE
- **YEAST BREADS/FLATBREADS** – BASICS, TYPES OF BREADS, WHAT IS THE LEAVENER USED, DEFINE YEAST AND DESCRIBE HOW IT WORKS, BREAD BAKING BASICS, KNEADING TECHNIQUE, TYPES OF GRAINS, EFFECTS OF TEMPERATURE AND HUMIDITY, ETC
- **RECIPE READING:** YOU WILL BE ASKED SEVERAL QUESTIONS ABOUT A RECIPE – TOOLS NEEDED, COOKING METHOD, ETC
- **MAKING IT HEALTHY TOOLKIT** – YOU WILL BE ASKED JUST A FEW QUESTIONS ABOUT HEALTHY EATING BASICS, WAYS TO MAKE BAKED GOODS HEALTHIER, GOOD FATS VS. BAD FATS, ETC

MID-YEAR EXAM for BAKING & PASTRY

TAKE-HOME/BRING IN FORM

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→ FIND AT LEAST 1 WAY TO MAKE YOUR CHOICE A BIT HEALTHIER. (ie - for breads, use some whole grains and/or add nuts and seeds or cut down on sugar used in a pie or...)

DO YOUR BEST POSSIBLE QUALITY WORK, MADE EXACTLY ACCORDING TO THE RECIPE (WHICH WILL NEED TO BE PASSED IN WITH THIS SHEET, OR EMAILED TO Ms. A. AT: andersonn@nausetschools.org). EVERYTHING MUST BE MADE FROM SCRATCH!

→ PLEASE ATTACH (OR E-MAIL) A PHOTO OF YOU BAKING YOUR ITEM(S).

STUDENTS, PLEASE FILL THIS FORM OUT NEATLY & COMPLETELY!

STUDENT NAME: _____ CLASS: _____

PARENT/GUARDIAN/ADULT RELATIVE: _____

DATE PREPARED: _____ DATE BROUGHT IN: _____

I MADE: _____

I CHOSE THIS RECIPE BECAUSE: _____

I LIKE THIS RECIPE BECAUSE: _____

MY PROCESS/CHALLENGES/PROBLEMS/ETC.: _____
