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Taylor Spangler, Family & Consumer Sciences Education major – Education standards crosswalk; STEAM and P21 Framework connections

A special thanks for photos and images provided by our HBA members throughout the labs, resources and glossary.
DEAR EDUCATOR:

Welcome to A Baker’s Dozen Labs!
What do you get when you blend veteran food educators, test kitchen science, technology, artisan skills, premium ingredients, farmers, millers and students? Answer: Standing room only.

A Baker’s Dozen Labs integrate outcomes essential to food careers and the health and well-being of individuals, family life and communities. HBA surveys indicate students frequently apply these skills at home and in their communities. Take time to review PowerPoints Why Bake? and Baking Builds STEAM, HomeBaking.org/foreducators/index.html.

A Baker’s Dozen Labs focuses on achieving Family and Consumer Sciences National Standards, 3.0, 2018 (nasafacs.org/national-standards-and-competencies.html), research-based foods goals for adolescents—starting with Maslow’s Hierarchy of Needs and including:

“Studies indicate: Fewer cooking skills equate with low availability and accessibility of nutrient dense foods. Direct, repeated culinary experiences impact food preferences and acceptance.”

Call for Culinary Skills Education in Childhood Obesity-Prevention Interventions. Nelson, S; Corbin, M. PhD; Nickols Richardson, PhD, RD. Journal of the Academy of Nutrition & Dietetics. August 2013 Vol 113: 8; 1031-1036.

“Doctors desire food education partners: “Many children have never seen their parents produce a meal, speed or scratch... If children are raised to feel uncomfortable in the kitchen, they will be at a disadvantage for life.”


“To improve dietary intake, interventions among young adults should teach skills for preparing quick and healthful meals...Dietetics professionals should encourage parents to involve their adolescents in food-related tasks to help them develop the proficiencies they need as young adults to maintain a healthful diet.”


“Studies have shown that cooking skills lead to increased cooking frequency, improved knowledge, preferences, and self-efficacy toward and interest in cooking, and decreased food costs.”


“Research consistently shows that integrating nutrition and food education into the larger curriculum and providing children with hands-on cooking experiences changes what they are willing to eat.”


With appreciation,

Sharon Davis                        Charlene Patton
HBA Program Development Director    HBA Executive Director
Family & Consumer Sciences Education FCS Foods & Nutrition in Business

STANDING ROOM ONLY

“I had to share our Family & Consumer Sciences Baking Science class numbers. We are a 9-12 high school with 2000+, but the Baking class numbers more than doubled at my school.

For 2010-present, we’ve had 400 students sign up for the Baking classes, with 200 more students signing up for Baking class as an alternate.

Each of our five high schools offers baking science as 0.5 Science credit, Grades 9-12, and has had similar numbers.

Connie Nieman, Family and Consumer Sciences—Baking and Food Science Courses–Olathe North High School, KS www.olatheschools.com
TABLE OF CONTENTS

Lab 1: Why Bake? ............................................................................................................................. 1-10

Introduction, Why People Bake, Terms and Techniques, Experiential Learning ........................................ 2
Outcomes, Maslow’s Hierarchy of Needs, Teacher Notes ............................................................................. 3
For Teacher/Lab Materials ..................................................................................................................... 3-4
   Why Bake? PowerPoint ....................................................................................................................... HomeBaking.org
   Baking Lab Equipment List .................................................................................................................... Appendix
   Baking Lab Rubric ................................................................................................................................. Appendix
   A Matter of Taste Lab Evaluation Form ................................................................................................. 10
   Safe Kitchen Check List ....................................................................................................................... Appendix
   Washing Hands Pictorial ......................................................................................................................... Appendix
   Gluten and the Diet (Resource, Consumer) ............................................................................................ wheatfoods.org

In Baker’s Terms ....................................................................................................................................... 3-4

Computer Lab; Take 10 Skill Drills ........................................................................................................... 4

Baking Labs: Why Bake? .......................................................................................................................... 5
   Introductory Baking Experience: Applied Pre-Test—Strawberry Muffin Tops
   Lab 1: Fresh is Best! Strawberry Muffin Tops ..................................................................................... 6
   Lab 2: Celebrate! Streusel Strawberry Muffin Tops .............................................................................. 6
   Lab 3: Nutrition Plus! Whole Grain Strawberry Muffin Tops ................................................................ 7
   Lab 4: Going Green Strawberry Muffin Tops .......................................................................................... 7
   Lab 5: Baking for Special Needs Strawberry Muffin Tops ...................................................................... 8
   Lactose, Egg and Gluten-Free baking .................................................................................................... 8

Gluten-Free Baking Mix, Tips .................................................................................................................. 8

Consumer Evaluations, Critical Thinking Q&A, A Matter of Taste/Costs and Benefits ............................. 8

Local Connections: Get to Know a Baker .................................................................................................. 9

A Matter of Taste Sensory Analysis Form ................................................................................................ 10

Lab 2: Getting Started ............................................................................................................................ 1-9

Introduction ................................................................................................................................................ 2
Outcomes .................................................................................................................................................... 2

Terms and Techniques to Know .............................................................................................................. 2
Computer Lab ........................................................................................................................................... 2

DIY Baking Topics .................................................................................................................................... 3

Take 10 Skill Drills .................................................................................................................................... 4

Teacher/Lab Materials .............................................................................................................................. 4
   Baking Food Safety 101 ......................................................................................................................... Appendix
   Measure Up! Worksheet ......................................................................................................................... Appendix
   DIY Student Baking Topics Rubric ......................................................................................................... Appendix
   A Matter of Taste Evaluation Form ....................................................................................................... Appendix
   Baking Skills Check List ........................................................................................................................ Appendix
   Baking Measurements and Substitutions ............................................................................................... Appendix
   Cause and Effect Worksheet ................................................................................................................ Appendix
   Whole Grain Nutrition Fact Sheet .......................................................................................................... WholeGrainsCouncil.org
   Mise en place Chart Listening Exercise ............................................................................................... Appendix

Computer Lab: Student Do-It-Yourself (DIY) Baking Topics ..................................................................... 3

Baking Science: Ingredient Functions ....................................................................................................... 3-4
# TABLE OF CONTENTS

Baking Labs, Critical Thinking Q&A .............................................................................................................. 4-5

First Baking Experience: Great Grains Granola ......................................................................................... 4-5

Intermediate Experience: Carrot Streusel Coffee Cake ........................................................................... 6-7

Advanced Experience: 100% Whole Grain Trail Mix Bar ...................................................................... 8-9

Local Connections: Consumer Taste Test & Breakfast Promo ................................................................. 8

**Lab 3: Wheat Flour and Cornmeal....The Staff of Life** ................................................................................. 1-19

Introduction .................................................................................................................................................. 2

Outcomes ...................................................................................................................................................... 2

Wheat and Corn Timeline ............................................................................................................................. 3

Take 10 Skill Drills ........................................................................................................................................ 3

Teacher ........................................................................................................................................................ 3

PowerPoint, From Wheat to Flour (Consumers/Baking Lab) ................................................................. KsWheat.com

PowerPoint, From Flour to Table (Consumers/Baking Lab) ..................................................................... KsWheat.com

Kernel of Wheat; How Flour is Milled; 6 Classes of Wheat ........................................................................ wheatfoods.org/resources/72

Gluten and the Diet Facts and Video ........................................................................................................... namamillers.org/education

Wheat 101, Flour 101 ................................................................................................................................... TexasWheat.org

Grains of Truth Fact Sheets - PDFs (Resources, Consumers) ................................................................. wheatfoods.org

Flour Chart .................................................................................................................................................. 9

Alternative Flours Worksheet ....................................................................................................................... 9

Mise en place Chart .................................................................................................................................... Appendix

A Matter of Taste Form and Baking Lab Rubric .......................................................................................... 15

Count the Costs Worksheet ........................................................................................................................ 15

What Happened to the Yeast Bread? ........................................................................................................... 19

Temperatures for Yeast Bread Production ................................................................................................. Appendix

What is Gluten? infographic ........................................................................................................................ Appendix

Computer Lab: Grain and Grain product web-explore: .................................................................................. 4

Grain Web-site Worksheet ............................................................................................................................ 5

Baking Science: Flour is NOT Just Flour .................................................................................................... 6-8

Supermarket Flour Finds and Label Savvy ................................................................................................. 6

The Scoop on Baking Flours ........................................................................................................................ 7

Whole Grain Stamps; Whole Wheat Kernel .................................................................................................. 7

Baking Science Experiment: Flour Absorption/Gluten Development ..................................................... 8

Flour Chart: Wheat Classes and Need-to-Know Flour Basics .................................................................. 9

Gluten-free Flours, Resources ..................................................................................................................... 9

Baking Labs, Critical Thinking Q&A

First Experience: Everyday Muffins .............................................................................................................. 10-11

Intermediate: English Muffin Batter Bread ............................................................................................... 12-13

Advanced Experience: Pilgrim Bread ........................................................................................................ 16-17

DIY Test Kitchen Extra: CinnaRaisin Bread ............................................................................................... 16

What Happened to the Yeast Bread .......................................................................................................... 19

Local Connection: Add-a-Whole Grain Signature Bread ........................................................................... 18

Best-Ever Cornbread

On-line Cornbread Demos, DIY Baking Channel ...................................................................................... HomeBaking.org
# Lab 4: Creating Lift: Chemical Leavening

## Introduction

- For the Teacher/Lab Materials
  - Whole Grains 101 resources: [wholegrainscouncil.org](http://wholegrainscouncil.org)
  - Grains 101 nutrition infographics: [Grainfoodsfoundation.org](http://Grainfoodsfoundation.org)
  - Baking Science Experiment and Chart
  - Mise en Place Chart: Appendix

## Take 10 Skill Drills

- Terms and Techniques to Know; Leavening IQ
- Computer Lab, Leavening Notes/Substitutions; and High-altitude guides
- Teacher Demo: Peanut Lift
- How to Make Perfect Muffins resource
- Baking Science: How Fast Do Chemical Leaveners Work?

## Observation Chart

- Baking Labs, Critical Thinking Q&A
  - First Experience: Pumpkin Pancakes; Spanish translation
  - What is the Function of Leavening?
  - Pancake Topping Alternatives
  - Intermediate Experience: Reduced-Fat Apple Cheddar Muffins
  - Calculate the Whole Grain
  - Advanced Experience: Berry Banana Bread
  - Pricing and Marketing Gourmet

## Local Connections: Book and Bake

- Baking with Friends Fund Raiser: Go to Shop, [HomeBaking.org](http://HomeBaking.org)

# Lab 5: Flavor Factor: Fats

## Introduction: Essential nutrient groups

- Outcomes, Terms and Techniques

## Fats Used in Baking

- For Teacher/Lab Materials

## Demo Example: 3-2-1 Pastry Ratio; Take 10 Skill Drill; Cutting in Fat

## DIY Test Kitchen: Create a Fruit Butter Spread

## Computer Lab: Pie and Pastry Tips and Tools; Critical Thinking Q&A

## Baking Science: The Tenderizing Effects of Fats

## Experiment Chart; Cinnamon Crisps; Critical Thinking Q&A

## Baking Labs

- First and Intermediate Baking Experiences
- Biscuit and Scone Food History
- Light and Fluffy Biscuits; Biscuit Troubleshooting
- Basic Scones
- DIY Test Kitchen – Designer Scones: Mix-ins, Whole Grain or Cream Scones
TABLE OF Contents

Biscuit and Scone Evaluation Chart ......................................................................................9
Consumer Science: Marketing Lab/Costing ........................................................................... 10
Advanced Experience: Blue Ribbon Apple Pie.................................................................... 10-11
Fruit Pie and Pastry Tips and How-tos: Gluten Free Pie recipes ........................................... 10-11

Local Connections: Create a Coffeehouse! ..............................................................................4

Lab 6: The Amazing Power Plant - Yeast ............................................................................ 1-13
Introduction, Yeast History .................................................................................................. 2
Outcomes; Terms and Techniques ...........................................................................................2

For Teacher/Lab Materials
Bread Baking Pre-Test ....................................................................................................Appendix
Baking Word Power Worksheet .....................................................................................Appendix
Write a Raft about Yeast .................................................................................................. 13
Grain Foods Nutrition .................................................................................................GrainFoodsFoundation.org; WheatFoods.org; Wholegrainscouncil.org

How-to videos, DIY Baking Channel: Portable Kitchens ..................................................HomeBaking.org

Everyday Bread; Whole Grain Cheese Pizza; Sweet Potato Focaccia; Flat Bread 
(Portable Kitchens)

Take 10 Skill Drills — Word Power Worksheet; Make a Sour Dough Starter .........................3

Computer Lab: Cook’s Thesarus, Flatbreads; How Yeast is Made; Yeast Test Kitchens ............3-4
Write a Raft about Yeast .....................................................................................................4

Baking Science: The Science of Yeast; Critical Thinking Q&A ............................................4-5

Baking Labs
First Experience: DIY Whole Grain Pizza; GF Crust; Critical Thinking Q&A .....................5-7
Intermediate Experience: Focaccia; Critical Thinking Q&A; Cracker Bread .......................7-9
Advanced Experience: Hearth Bread; Critical Thinking Q&A ...........................................10-11
DIY Test Kitchen: Baking Baguettes; Bread Stenciling; Raisin Nut Hearth Loaf ..................10-12

Local Connections: Share a Loaf .......................................................................................12
Bread in-a-Bag; Bake for Good: Kids Program .................................................................13

Yeast Bread Assignment: Write a RAFT about Yeast ..........................................................13

Lab 7: Sweet! Baking Sugars .................................................................................................1-12
Introduction .........................................................................................................................2

Three Sweetener classifications chart ..................................................................................2
Caloric Sweeteners
Artificial Sweeteners
Sugar Alcohols/Polyols

Baker Notes: Artificial Sweeteners/Baking Sweeteners; History ........................................2-4

Outcomes; Terms and Techniques ........................................................................................3

For Teachers/Lab Materials ..................................................................................................3
Sugar Basics Infographics; Videos; How Sugar is Made (Photosynthesis) .........................Sugar.org
PowerPoint, Baking Ingredient Functions .........................................................................HomeBaking.org
PowerPoint, The Cookie Chronicles ..................................................................................HomeBaking.org
Tea Party Baking Vocabulary Strategy ................................................................................Appendix
**TABLE OF CONTENTS**

Sweet Goods Test Kitchen Tips .......................................................... chsugar.com; dominosugar.com; karosyrup.com; landolakes.com; solofoods.com

View Quilt Cake video, DIY Baking Channel ....................................... HomeBaking.org

Take 10 Skill Drills .................................................................................. 4
  - Sugar 101: Types of Sugar; Portion Control .................................. Sugar.org
  - Sweet Tooth Taste Test
  - DIY Test Kitchen: Create a new Fruit Dip

Computer Lab: Naturally Sweet, 5-Minute Baking Activities .................. 4

Baking Science: Cookies: Thin, Crisp and Chewy ................................. 5-6
  - Whole Wheat Sugar Cookie; Cookie Lab Results Chart

Baking Labs
  - First Experience: Low-Fat Spice Snack Cake (Smart Snack), Critical Thinking .......................... 6-8
  - Intermediate Experience: Quilt Cake; Critical Thinking Q&A ......................... 8-9
  - Early Childhood Quilt Books; How to Cream Butter and Sugar .................. 8
  - Sugar Color Wheel .............................................................................. 10
  - Advanced Experience: Great American Cinnamon Roll ......................... 10-12
  - DIY Test Kitchen: Elephant Ears, Caramel Rolls; Critical Thinking Q&A .......... 12

Local Connections: Discover Community Around You ......................... 12
  - Bake and Take; Be a Bake Sale Hero...Bake for No Kid Hungry

**Lab 8: Eggs** ....................................................................................... 1-12

Introduction ............................................................................................ 2

Outcomes; Egg Nutrition ........................................................................ 2

Eggs in History Timeline ........................................................................ 2

For Teacher/Lab Materials ...................................................................... 2
  - Tips & Techniques – Egg Safety; Mixing Quick Breads ....................... Kidsacookin.org
  - Baking with Eggs; Tips ................................................................. incredibleegg.org/cooking-school
  - Baking Food Safety 101; Checklist and Temperature Guide ............... Appendix

Take 10 Skill Drills: Shelling and Separating Eggs ............................... 3

Computer Lab: Eggs 101; Meringue Tips and Techniques ................... 3

Terms and Techniques to Know ............................................................. 3

Baking Science: Baking Functions; Egg Substitutes – Do they work? .......... 3-5
  - Banana Cupcakes (control recipe)/Egg Substitutes ........................... 4
  - Egg Substitute Lab Rubric .................................................................. 5

Baking Labs
  - First Experience: A+ Crepes; Critical Thinking; Crepe Variations .......... 6-7
  - Intermediate Experience For Teacher; Critical Thinking Q&A; Baker's Tips ........................................ 8
  - Forgotten Chocolate Chip Cookies; Meringue Shells; Crisps (GF) ............. 9
  - Advanced Experience: Ozark Pudding; Whipping Cream ...................... 10-11

Local Connections: Bakers Lend a Humane Hand ............................... 12
  - Hand-Baked Gourmet Pet Treats; How to Prep and Apply an Egg Glaze
# Lab 9: Liquids

**Introduction; Outcomes; Terms and Techniques**

**For Teacher/Lab Materials**
- Baking Word Power worksheet .......................................................... Appendix
- Cause and Effect worksheet .......................................................... Appendix
- Functions of Liquids in Baking; Batter or Dough? Ratios .............. 3-4
- Muffin Baking Tips ........................................................................ 8

**Take 10 Skill Drills (Measuring Liquids Accurately; prepping veggies, fruits)**

**Computer Lab: Access How-to Demos**

**Liquids in Baking: Value-Added Ingredients**

**Baking Guidelines for Value-Added Ingredients**

**Baking Science: Why Bakers Condition Raisins; Critical Thinking Q&A**

**Oatmeal Raisin Cookies**

**Baking Labs**
- First Experience: Perfect Muffins; Critical Thinking Q&A ......... 7-9
- DIY Test Kitchen Muffin Variations; Muffin Baking Tips .......... 8
- Intermediate Experience: Simply Good Zucchini Bread ......... 9-10
- DIY Test Kitchen Zucchini Bread Variations; Critical Thinking Q&A ................................................................. 10
- Advanced Experience: Everyday Milk Bread ......................... 11-14
- Why Scald Milk? Baker’s High Heat Dry Milk ....................... 11
- Gluten Window Test; Short Lab Option: Deli Buns ............... 12
- Milk Bread Critical Thinking Q&A ........................................... 14

**Local Connections: Uncover Local Baking Traditions, Cultures**
- Applesauce Cake (1800s, Danish Immigrants, Macksville, KS) ..................... 15

# Lab 10: The Savor of Salt

**Introduction: Salt and Life; Terms and Techniques**

**For Teacher/Lab Materials**
- Review Salt: 101 (Just for Kids) .................................................. SaltInstitute.org

**Computer Lab: See the Salt Sites**

**Take 10 Skill Drills: Salt properties. Sensory analysis**

**Baking Science: Reducing Sodium Challenge**
- Crispy Cheese Crackers OR other cracker options .................. 5
- Crispy Cheese Cracker Formula and Evaluation Rubric ........... 6

**Baking Labs**
- First Experience: Sweet or Savory Bread Sticks ................. 7-9
- Intermediate Experience: Pita Pocket Bread ................. 7-9
- Pita Lab Rubric; Critical Thinking Q&A ................................ 11
- Advanced Experience: Soft Pretzels ................................. 12-13
- Soft Pretzel Timeline/Bread with a Twist Book and Bake ........... 12

**Local Connections: Baking for Special Needs**
- Pretzel Bites – Gluten-Free ......................................................... 14

**EXTRA! Kitchen Science Lesson**

---

**For Teacher/Lab Materials**
- Baking Word Power worksheet .......................................................... Appendix
- Cause and Effect worksheet .......................................................... Appendix
- Functions of Liquids in Baking; Batter or Dough? Ratios .............. 3-4
- Muffin Baking Tips ........................................................................ 8

**Take 10 Skill Drills (Measuring Liquids Accurately; prepping veggies, fruits)**

**Computer Lab: Access How-to Demos**

**Baking Guidelines for Value-Added Ingredients**

**Baking Science: Why Bakers Condition Raisins; Critical Thinking Q&A**

**Oatmeal Raisin Cookies**

**Baking Labs**
- First Experience: Perfect Muffins; Critical Thinking Q&A ......... 7-9
- DIY Test Kitchen Muffin Variations; Muffin Baking Tips .......... 8
- Intermediate Experience: Simply Good Zucchini Bread ......... 9-10
- DIY Test Kitchen Zucchini Bread Variations; Critical Thinking Q&A ................................................................. 10
- Advanced Experience: Everyday Milk Bread ......................... 11-14
- Why Scald Milk? Baker’s High Heat Dry Milk ....................... 11
- Gluten Window Test; Short Lab Option: Deli Buns ............... 12
- Milk Bread Critical Thinking Q&A ........................................... 14

**Local Connections: Uncover Local Baking Traditions, Cultures**
- Applesauce Cake (1800s, Danish Immigrants, Macksville, KS) ..................... 15

**EXTRA! Kitchen Science Lesson**

---
# Table of Contents

**Lab 11: Chocolate** ........................................................................................................... 1-13

- Introduction; History Timeline; Terms and Techniques .................................................. 2
- Outcomes; About Cacao and Chocolate ............................................................................. 3
- For Teacher/Lab Materials .......................................................................................................... 3
  - Cacao Tree with ripening bean pods (picture) ................................................................. 2
  - A-B-Cs of Cocoa, Flourish Blog ...................................................................................... 2
  - How to Taste Chocolate ................................................................................................. Appendix
  - Mise en place Chart ....................................................................................................... Appendix
  - Explore National Field Museum Chocolate .... archive.fieldmuseum.org/chocolate/about.html

- Take 10 Skill Drills ............................................................................................................... 4
  - Melting chocolate; what is chocolate “bloom?”
  - Build Your Chocolate IQ Taste Test chart

- Computer Lab, Virtual tours, Museum exhibits; Cake/cookie baking methods .................. 4

- Baking Science Lab: Have Hot Chocolate Tastes Changed? ............................................. 5-6
  - Axtec Hot Chocolate; Chocolate Caliente; Lewis & Clark Hot Chocolate;
  - DIY Hot Cocoa Mix; Critical Thinking Q&A

- Baking Labs ......................................................................................................................... 6-11
  - First Experience: Chocolate Chip Sheet Cake; Critical Thinking .................................. 6-7
  - DIY Test Kitchen Variations: Cocoa Chocolate Chip Sheet Cake
  - Intermediate Experience: ................................................................................................. 8-9
    - Double-Shot Mocha Chunks
    - Baker's Dozen Smart Whole Wheat Buttermilk Chocolate Cake,
      Double Chocolate Chip Cookies ...... Homebaking.org/PDF/smart_snacks_bakersdozen.pdf
  - Advanced Experience: Molten Chocolate cake; Critical Thinking .................................. 12

- Local Connections: Bake-Your-Best Brownie Benefit .................................................... 12
  - DIY Test Kitchen: Chocolate Mountain Brownies; MORE! Brownie Innovations
  - A Slice of Chocolate History ......................................................................................... 13
  - Chocolate Yeast Cake

**Lab 12: Dough Sculpting** ................................................................................................. 1-13

- Introduction; Terms and Techniques; Computer Lab ......................................................... 2
- Outcomes ............................................................................................................................. 3
- For Teacher/Lab Materials .................................................................................................. 3
  - STEAM connections; Time-Saving Techniques ............................................................... 3
  - Tips for Shaping Success/Dough Sculpting 101 ........................................................... 7-10
  - Shaping Diagrams .......................................................................................................... 7-10

- Take 10 Skill Drills ............................................................................................................ 4
  - Corn Starch Play Clay; Video ......................................................................................... argostarch.com/Recipe/Play_Clay

- Baking Science: Why add mashed potatoes or squash? .................................................... 5

- Baking Labs: Dough Sculpting Science and Art ............................................................... 5-11
  - Refrigerator Potato Dough ............................................................................................. 6
  - Dough Shaping and Sculpting 101, Loaves, Critters, Rolls, Braids ............................... 7-9
  - Cheese-Filled Sweet Lattice Braid Demo .................................................................youtube.com/user/homebaking
  - Huge Scary Spiders........................................................................................................... 11
  - Favorite Teddy Bear Cookies ......................................................................................... 11
<table>
<thead>
<tr>
<th>Local Connections: Shape Up! Your Food Enjoyment Factor</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread in a Bag, Demonstrated</td>
<td><a href="https://youtube.com/user/homebaking">youtube.com/user/homebaking</a></td>
</tr>
<tr>
<td>Baking with Friends; Thrill of Skill Baking Guide</td>
<td><a href="https://HomeBaking.org/PDF/print_thrillofskill.pdf">HomeBaking.org/PDF/print_thrillofskill.pdf</a></td>
</tr>
<tr>
<td>Baking Soft Pretzels, Formula; Critical Thinking Q&amp;A</td>
<td>13</td>
</tr>
</tbody>
</table>

### Lab 13: A Baker’s Pantry of Resources

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction; Outcomes; Terms and Techniques</td>
<td>2</td>
</tr>
<tr>
<td>For Teacher/Lab Materials</td>
<td>2-3</td>
</tr>
<tr>
<td>Baking Food Safety 101; Keeping Food Safe</td>
<td>Appendix</td>
</tr>
<tr>
<td>Food Label Dates guide</td>
<td>3</td>
</tr>
<tr>
<td>Storage Guidelines for Baked Goods and Ingredients; Storage-At-A-Glance</td>
<td>3-4</td>
</tr>
<tr>
<td>Frozen Baked Goods Guide</td>
<td>5</td>
</tr>
<tr>
<td>Take 10 Skill Drills</td>
<td>3</td>
</tr>
<tr>
<td>Baking Resources and References, Farm to Table (Test kitchens, education partners, farmers, millers, ingredient suppliers)</td>
<td>6-13</td>
</tr>
<tr>
<td>Baking Food History and Science</td>
<td>14-15</td>
</tr>
<tr>
<td>Book and Bake Literature Connections</td>
<td>15-16</td>
</tr>
<tr>
<td>Food Skills to Teach Nutrition and Wellness</td>
<td>16</td>
</tr>
<tr>
<td>Spanish resources (on-line)</td>
<td>[HomeBaking.org; Kidsacookin.org](<a href="https://HomeBaking.org">https://HomeBaking.org</a>; Kidsacookin.org)</td>
</tr>
<tr>
<td>Baking Periodicals</td>
<td>16</td>
</tr>
<tr>
<td>Human Resources, Printed Guides, Brochures, Downloads</td>
<td>16-17</td>
</tr>
<tr>
<td>On-line Resources for Baking and Cooking with Young Consumers</td>
<td>17-19</td>
</tr>
<tr>
<td>Baking DVDs</td>
<td>18-19</td>
</tr>
<tr>
<td>Non-Profit Baking and Food Education Resources</td>
<td>19-20</td>
</tr>
</tbody>
</table>

### In Baker’s Terms Glossary

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Links to visuals on web-sites, photos, examples included</td>
</tr>
<tr>
<td>Also available on-line with term-related videos, Glossary</td>
</tr>
</tbody>
</table>

### Appendix, Section 1

<table>
<thead>
<tr>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>National FCS Standards, 3.0, 2018 achieved by A Baker’s Dozen Labs</td>
</tr>
<tr>
<td>(1) Overall content standards and competencies achieved by Labs listed</td>
</tr>
<tr>
<td>(2) Individual lab standards and competencies crosswalked</td>
</tr>
<tr>
<td>STEAM (Sciences, Technology, Engineering, Art, Math) Connections</td>
</tr>
<tr>
<td>P21 Framework Connections</td>
</tr>
</tbody>
</table>
Appendix, Section 2 Alphabetized baking lab and teaching resources ................. 2-10

Copy-ready forms, rubrics, worksheets, answer sheets, guides, Infographics

A Kernel of Wheat

A Matter of Taste Lab Evaluation Forms
Baking Food Safety 101 Teaching Guide
Baker Mise en place Chart
Baking Ingredient One-Pager Teacher Guide
Baking Lab Equipment List, Food Safety Points
Baking Lab Rubric (Lab grading criteria)

Baking Measurements & Substitutions, English & Metric
  How to accurately measure dry ingredients
  Weigh vs. Measure? Scoop, Spoon, Scale Activity, p.31
  Dry Measurements; Liquid Measurement
  Emergency Ingredient Substitution, p. 32
  Pan Substitution Chart, p.33
  Test Kitchen Substitution Guides
  Ingredient Weight Equivalents

Baking Skills Check List
Baking with Whole Wheat Flour 101

Baking Word Power Worksheet—three activity options
  Increase Your Baking Word Power (matching)
  All Mixed Up Word Match
  Baker Word Search

Baking Word Power Answer Key
Bread Baking Pre-Test (True/False)
Bread Baking Pre-Test (Answer key)

Cause and Effect Worksheet
Cause and Effect Answer key

Chain of Events (mis en place Cracker lab worksheet) w/Seeded Cracker Recipe
Chocolate Tasting Chart

$$$$Count the costs Worksheet (Calculate product/recipe costs)
Create A Food Label (2 work forms per page)

Crispy Herb Cracker
DIY Baking Topics Rubric (Evaluating Student DIY Baking Topics)

Flour 101

Foldables (visual activity to teach fractions, portions, percentages, ratios)

Gluten in the Diet
TABLE OF Contents

Homemade Pizza vs. Takeout Infographic
How Flour is Milled Chart
Keeping Food Safe
Listening for Directions
Measure UP! Worksheet
Measure UP! Answer Key
Safe Kitchen Check List
Tea Party Baking Vocabulary Strategy
Temperatures for Yeast Bread Production
3-2-1 Pie Pastry Teaching Guide
Six Classes of Wheat, U.S. Map
Steps to Tasting Chocolate
Supplies Order Form
Washing Hands Pictorial
What Happened to the Yeast Bread? Problem/Cause Chart

Baking Educator’s One-Stop-Shop

1) Find many more free and at-cost resources at HomeBaking.org, Members, Partners and Writer’s Guild.
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