



A BAKER'S DOZEN

Carbs

HomeBaking.org



DIGITAL VERSION

A BAKER'S DOZEN *labs*

By
Home Baking Association

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Digital Version

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Topeka, KS 66614
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A special thanks for photos and images provided by our
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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."

Journal of the American Medical Association. 2010. Lichtenstein, A; Ludwig.D 303(21):2109A

"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."

Larson, N, Story, M, Eisenberg,M, Neumark-Sztainer, D., 2006, Food preparation and purchasing roles among adolescents. Journal of the American Dietetics Association. 106(2), 211-219

"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."

Cooking Classes Outperform Cooking Demonstrations for College Sophomores. Levy, Joshua, MS; Auld, Garry, PhD. RD. J Nutri Educ Behav. 2004:36:197-203.

"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."

The Cookshop Program. Liquori, Toni, et al. Journal of Nutrition Education.Sept/Oct. 1998.

With appreciation,

Sharon Davis
HBA Program Development Director
Family & Consumer Sciences Education

Charlene Patton
HBA Executive Director
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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*

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<i>Gluten and the Diet</i> Facts and Video	namamillers.org/education
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Baking Ingredient One-Pager Teacher Guide

Baking Lab Equipment List, Food Safety Points

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Baking Measurements & Substitutions, English & Metric

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 Dry Measurements; Liquid Measurement

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Baking Skills Check List

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 Baker Word Search

Baking Word Power Answer Key

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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)

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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



Photo courtesy of Panhandlemilling.com

Baking Educator's One-Stop-Shop

- 1) Find many more free and at-cost resources at HomeBaking.org, Members, Partners and Writer's Guild.
- 2) Receive monthly baking resources and news! Sign up for e-newsletter at HomeBaking.org.
- 3) Follow HBA's Blog, join Facebook, Instagram, Pinterest, Twitter and YouTube posts.