



BROWARD COLLEGE COURSE OUTLINE

LAST REVIEW: 2008-2009

2008-2009

NEXT REVIEW: 2013-14

2013-2014

STATUS: A

A

COURSE TITLE: Baking and Pastries II

COMMON COURSE NUMBER: FSS2247C

CREDIT HOURS: 3

CONTACT HOUR BREAKDOWN

(per 16 week term)

CLOCK HOURS:

(Voc. Course ONLY)

Lecture: **32**

Lab: **32**

Clinic:

Other:

PREREQUISITE(S): none

COREQUISITE(S): none

PRE/COREQUISITE(S):

COURSE DESCRIPTION:

Students will continue to build knowledge of the composition and properties of baking ingredients. They will utilize the proper equipment and tools, and standardize recipes to prepare yeast breads, rolls, pastries and cakes in the food service laboratory. The instructor will evaluate the products prepared based on established food service standards.

UNIT TITLES

1. Nutrition of Baked goods
2. Nutritional Standards and Guidelines
3. Baking with Fats and other Lipids
4. Baking with Carbohydrates

EVALUATION:

Evaluation may include but is not limited to the following:

Exams, Quizzes, Performance in state, regional, and local competitions, Presentations, Portfolios, Discussions, Class Participation, Attendance, Projects, Co-ops, Practicum, Internships, Externships, and Research Reports.

UNITS

Unit 1: Nutrition of Baked goods

General Outcome:

- 1.0 The student shall become familiar with and be able to explain the nutritional concepts of baking.**

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 1.1 Explain the importance of nutrition in the restaurant and foodservice industry.**
- 1.2 Explain why making food both nutritious and interesting is important.**
- 1.3 List the factors that affect food choices**
- 1.4 Explain how nutrition principles are dynamic and change over time.**

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Unit 2: Nutritional Standards and Guidelines

General Outcome:

2.0 The student shall assess the adequacy of portions in menu development.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

2.1 State the FDA requirements for a baked good to be labeled “healthy”

2.2 Describe pastry food labeling requirements.

2.3 Use the USDA’s pyramid to evaluate pastry and baked good portion sizes.

2.4 Describe the roles of the six basic types of nutrients found in baked goods.

Common Course Number:

Unit 3: Baking with Fats and other Lipids

General Outcome:

3.0 The student shall learn the characteristics of fats and lipids.

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

3.1 Describe the types of lipids found in food and their characteristics.

3.2 Define these terms: fatty acids, cholesterol, and triglyceride.

3.3 Describe how trans fatty acids are produced and their effects on health.

3.4 State the daily requirement for fats.

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Unit 4: Baking with Carbohydrates

General Outcome:

- 4.0 The student shall describe the importance of carbohydrates in baking and in nutrition.**

Specific Measurable Learning Outcomes:

Upon successful completion of this unit, the student shall be able to:

- 4.1 State the recommended daily allowances for carbohydrates.**
- 4.2 Name the types of carbohydrates and their food sources.**
- 4.3 Describe the importance of carbohydrates in the diet.**
- 4.4 List types of food that are good sources of dietary fiber.**