**INSTRUCTOR**
ROBERT MASON

**DATE**
March 9th 2013

**COURSE TITLE**
HECT- HANDS ON CLINIC

**LESSON NUMBER**
DAY 1

### UNIT
YEASTED DOUGH PRODUCTS

### SPECIFIC TOPIC
YEASTED BREAD

#### INSTRUCTIONAL GOAL
(outcome that students should be able to demonstrate upon completion of the entire unit)
- STUDENT WILL UNDERSTAND THE BASIC INGREDIENTS OF BREAD.
- STUDENT WILL DESCRIBE THE VARIOUS YEAST TYPES AVAILABLE, INCLUDING NATURAL LEAVENS.
- STUDENT WILL DISCUSS PRE FERMENTS AND WHY WE USE THEM.
- STUDENT WILL KNOW THE VARIOUS MIXING METHODS AND THE GOAL OF A PROPER MIX.
- STUDENT WILL DEMONSTRATE KNOWLEDGE OF THE 12 STEPS OF BAKING BREAD.
- STUDENT WILL EXPLAIN WHY WE “RETARD” DOUGH.

#### PERFORMANCE OBJECTIVE
(use an action verb in a description of a measurable outcome)
- STUDENT WILL ARTICULATE THE BASIC INGREDIENTS OF BREAD AND HOW ADDITIONS IMPACT THE END PRODUCT.
- STUDENT WILL USE INSTANT YEAST IN THE PRODUCTION OF A LEAN DOUGH.
- STUDENT WILL UNDERSTAND SOME BASIC PRE FERMENTS, WHEN AND WHY WE USE THEM.
- STUDENT WILL DEMONSTRATE A PROPER MIXING OF LEAN DOUGH, STRAIGHT DOUGH METHOD.
- STUDENT WILL UTILIZE THE 12 STEPS OF BAKING BREAD, INCLUDING “RETARDING” TO SLOW PROCESS.

#### RATIONALE
(brief justification -- why you feel the students need to learn this topic)
- STUDENTS WILL BE EXPECTED TO HAVE A FOUNDATION IN BASIC BAKING SKILLS IN A PROFESSIONAL KITCHEN. THE ABILITY TO ARTICULATE YOUR KNOWLEDGE ON THE TOPIC MAY PLACE YOU ABOVE OTHER JOB CANDIDATES.

#### LESSON CONTENT
(what is to be taught)
- BREADS BASIC INGREDIENTS AND BEYOND. THE IMPACT OF INGREDIENTS ON END PRODUCT.
- VARIOUS YEAST TYPES AND HOW THEY DIFFER. DISCUSS NATURAL LEAVENS, PRE FERMENTS, ETC.
- DISCUSSION OF BASIC MIXING TECHNIQUES AND WHAT WE LOOK FOR IN A PROPER MIX.
- THE 12 STEPS OF BAKING BREAD.
- PRODUCTION OF 2 DIFFERENT BREADS.

#### INSTRUCTIONAL PROCEDURES

a. Focusing event –
   1. IF ASKED IN AN INTERVIEW SITUATION, COULD YOU ANSWER THE QUESTION, “WHAT IS GLUTEN?”

b. Teaching procedures
   1. GROUP DISCUSSION
   2. POWER POINT PRESENTATION
   3. DEMO OF THE TECHNIQUES
   4. PRACTICAL APPLICATION IN BAKESHOP

c. Formative check
   1. DAILY QUIZ
   2. STUDENT PRODUCTION IN LAB

d. Student Participation
   1. PRACTICAL APPLICATION IN BAKESHOP
   2. Q & A IN DURING PRODUCTION.

e. Closure
   1. DISCUSS THE DAYS PRODUCTION, CLEARING UP ANY REMAINING QUESTIONS.
   2. WHAT IS YOUR FAVOURITE BREAD AND WHY?

#### EVALUATION PROCEDURES
- DAILY LAB SHEET
- PRACTICAL APPLICATION IN BAKESHOP PRODUCTION.
- MESSAGE BOARD QUESTIONS

#### MATERIALS AND AIDS
-