

**Northwest Arkansas Community College**  
(Food Studies Division)

**Discipline Code**

FDST

**Course Number**

1203

**Course Title**

Baking

**Catalog Description**

The aim of this course is to introduce students to the basic concepts and techniques of baking. This course introduces the student to the ingredients, procedures and processes of baking. The course includes concepts in formulas, measuring and scaling and the chemical reactions of basic doughs, cakes and batters, as well as practical experience in baking a wide range of foods.

**Prerequisites**

FDST 1023 and FDST 1013

**Credit Hours**

3 credit hours

**Contact hours**

75 lab contact hours

**Load hours**

3.75 load hours

**Semesters Offered**

Fall, Spring, Summer

**ACTS Equivalent**

None

**Grade Mode**

A-F

**Learning Outcomes**

Students completing this course will:

- Identify ingredients, define baking terms
- Perform basic baking and measuring techniques
- Perform basic formulas and scaling procedures
- Show competency and professionalism in various baking

## **General Education Outcomes Supported**

- Students develop higher order thinking skills.
- Students demonstrate information literacy.

## **Standard Practices**

### **Topics list**

- Kitchen Orientation and Scaling Ingredients
- Properties of Basic Bread Dough
- Proofing Techniques
- Baker's Percentages
- Introduction to Lamination
- Gluten Properties, Flour Characteristics
- Enriched Doughs, Uses Different Sugars
- Eggs and Their Contribution to Baking, Starch Properties
- Creams and Custards
- Short Doughs: Pate Sucree, Pate Brisee, Pate Choux
- Quick Breads, Fruit and Nut Roles in Baking
- Biscuits, Scones, and Tarts
- Cakes: Foam and Batter
- Buttercream: (French, Swiss Meringue, Cooked Base), and Cake décor
- Cookies

### **Learning activities**

- Culinary Labs
- Powerpoint lectures
- Readings
- Participation in Brightwater/NWAAC service-learning activity

### **Assessments**

- Competency Based Learning Activities
- Assignments
- Exams/Quizzes
- Presentations or Projects
- Service-Learning Activity

Last Revision Date: Spring 2022