



Why Learn to Bake?

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No Food Skills = Fewer Resources

- Expand culinary skills, employability
American Institute of Baking www.aibonline.org
Bread Bakers Guild of America www.bbga.org
Kansas State University Grain Science
www.oznet.ksu.edu/dp_grsi/bakery.htm
- Working parents need food prep partners to make meals and celebrations at home happen
Eat Together, Eat Better www.nutrition.wsu.edu
- Communities are richer from having local bakers
Home Baking Association local award winners www.homebaking.org

Baking Schools for Youth in Demand

- "It's safe to say there's been an upswing."
Parenting magazine Lifestyle Director
- "Cooking is a new sport for the kids...They are really interested." CEO *Viva the Chef*
- Expanding to 27 states
- Unlike piano, math tutoring...kids go willingly.
- **They enjoy being helpful at home; increases self-confidence; enjoy being part of the "home team"**
- *Viva the Chef school*: \$190.00 for six weeks, ages 3 to 16

Pint-Sized Chefs Get Cookin' www.FoxNews.com - May 1, 2004

Multiple Standardized FCS Outcomes Achievement

- **Career, Community and Family Connections**
Standards 1.2; 1.3
 - **Consumer and Family Resources**
Standards 2.1;2.2; 2.3; 2.4; 2.5
 - **Family** Standard 6.2
 - **Food Production and Services**
Standards 8.1; 8.2; 8.7
 - **Human Development** Standards 12.2; 12.3
 - **Interpersonal Relationships**
Standards 13.3; 13.5; 13.6
 - **Nutrition and Wellness** Standards 14.1 - 14.5
- View at: www.ksde.org/sfp/cate/facs/facs_core_prog.htm

Why Teach Kids to Cook and Bake?



"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. Toni Liquori. *Journal of Nutrition Education*. Sept/Oct. 1998.

Bakers... Can Promote Health

"Family meals appear to play an important role in promoting positive dietary intake among adolescents.

Feasible ways to increase the frequency of family meals should be explored with adolescents and their families."

Diane Neumark-Sztainer; Peter J. Hannan; Mary Story; Jillian Croll; Cheryl Perry. *JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION*. 2003; 103:317-322.



“Mealtime routines are good for your family’s health, say researchers at Syracuse University...

...50 years of clinical psychological studies determined regular family interaction at dinner can lead to better parenting, healthier children, and improved academic performance.”

Cooking Light. First Light, P. 28. June 2003

People Who Cook and Eat at Home...

- More likely to meet Dietary Guidelines for calcium, fiber, iron, fat/sat. fat

Biin-Hwan Lin, et al March 1999
USDA/ERS Bulletin #749, www.econ.ag.gov

- Improve family and peer relationships, school success, drug use less likely

Blake Bowden, Ph.D.- Cincinnati Children’s Hospital
Archived topic, Family Time-www.cincinnatichildrens.org

Baking is...



Experiential Learning

1. Do it—Experience the activity.
2. What happened—Share publicly the results, reactions, observations.
3. What’s important—Process by discussing, looking at the experience, analyzing and reflecting.
4. So what—Generalize to connect the experience to real-world examples.
5. Now what—Apply what was learned to a similar or different situation; practice.

Source: University of Minnesota, St. Paul, MN. 1997.



Baking Builds...

Career Skills

- Learn work competencies
 - Project time management
 - Problem solving, creativity
 - Visualization, communication
 - Reading, comprehension, application
 - Team building
 - Cultural/social diversity
 - Technical skills, computers, equipment
- Learn food handling, safety, storage
- Marketing skills, customer preferences, standards

Visit Retail Bakers of America SkillsUSA: www.rbanet.com

Baking is... Science



- Ingredient knowledge is power
Flour is Just Flour...NOT water, milk, sugars, fats, salt
- Leavening—chemical, air, yeast, egg
- Temperature effects
liquids, dough, baking, staling
- Techniques and Timing
- Substitution Success
- Problem solving

More at www.ksu.edu/grainscience

Baking is...

Consumer Science

- Matters of Taste
- Adding value, quality products
- Cost vs. price point
- Packaging power
- Food labels
 - What’s advertising
 - What’s required
 - Ingredient list
 - Health claims
 - Nutrition Facts
- Consumer Rights
- Standards of Identity



Baking is... Hands On History

- Wheat, corn, oats, rye, soy history
- 5,000 years of world bread history
personal, family bread traditions
Kansas kolaches, houska, povitica
U.S.—hoe cakes, "thirds bread" sourdough
- Bread Events
Famine/bread wars
Shrove Tuesday Pancake Race (right)
Kansas Festival of Breads, www.kswheat.com
Pillsbury Bake-Off
Bread Bakers Guild of America
Coupe de Monde, Paris, www.bbga.org



Baking Lends... a Humane Hand

Student bakers benefit while baking for:

- Emergency Shelters - People and Pets
Bakers Lend a Humane Hand - www.homebaking.org
- High Yield Bake Sales - www.homebaking.org
Great American Bake Sale/Share Our
Strength - www.greatamericanbakesale.org
Local fund raising - www.homebaking.org
- Bake and Take Day - www.bakeandtakeday.org
- Bake to teach others - local clubs, camps
- Bake for Family Fun - www.homebaking.org



Baking is... High Tech

- Baking equipment - scales, mixers, ovens
- Explore reliable cyber sources
- Apply computer skills
 - Analysis - grains, nutrition, flour, meal, dough, product testing
 - Marketing
 - Consumer surveys and education
 - Digital photography - lab results and food styling
 - Food features for newspaper, magazine
 - Food labeling & research/FDA, USDA, HHS

Baking is... High Tech

Check out careers:

- American Institute of Baking -
www.aibonline.org
- Kansas State Univ., Grain Science -
www.oznet.ksu.edu/dp_grsi
- KSU Baking Science –
www.bakerynet.com/rdocs/ksubsbs.html
- Retail Bakers of America -
www.rbanet.com



Baking is... Math

- Determine temperatures for liquids, batters, doneness of products, storage
- Weigh and measure ingredients, dough, batter
- Calculate yield, net weight, nutrition facts label
- Product cost/price point
- Time use
- Consumer product acceptance surveys

Baking is... Art

- Artisan shapes
- Effective ads/labels
- Adding value
- Food styling
- Egg wash, decorating
- Connect with baking pros and spokespersons at www.kswheat.com



Baking Labs Include



- Terms and Techniques for home and career
 - Measurements and Substitutions
 - Critical Thinking Exercises
 - Ingredient Functions/Science
 - Power Points
 - Why Teach Baking to Young People?
 - Wheat and Flour History
 - Grain Foods & Nutrition
 - Ingredient Functions
 - Multiple "stand alone" lab and activity options
 - Community Service Learning
 - References & Resources
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Sites to Cite



American Dietetics Association www.eatright.org
American Institute of Baking www.aibonline.org
Bread Bakers Guild of America www.bbga.org
Food and Drug Administration www.cfsan.fda.gov
Home Baking Association www.homebaking.org
International Food Information Council www.ific.org
Kansas State University Extension. *Healthful Whole Grains*
www.oznet.ksu.edu/library/fntr2/MF2560.pdf
KS State University (KSU) Baking Science www.ksu.edu/bakeclub
KSU Grain Science www.oznet.ksu.edu/dp_grsi/bakery.htm
Kansas Wheat Commission www.kswheat.com
Kids A Cookin' (Spanish/English) www.kidsacookin.ksu.edu
North American Millers' Association www.namamillers.org
USDA/HHS www.usda.gov/news/usdakids and www.nutrition.gov
Wheat Foods Council www.wheatfoods.org
