

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

FDNT 660

COURSE TITLE

BREADMAKING

TYPE COURSE

NON-FEE

CATALOG COURSE DESCRIPTION

Learn everything you ever wanted to know about making bread, including nutritional aspects of homemade bread, and tips the books don't tell you. Make freshly baked nutritious loaves for family and friends! Included are a variety of enticing breads for everyday, as well as, holidays and special occasions. Pre-employment skills for food service jobs included.

LECTURE HOURS

3 hour per week
(for 1 - 18 weeks)

LABORATORY HOURS

ADVISORIES

NONE

RECOMMENDED SKILL LEVEL

NONE

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.
3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

4. Personal and Professional Development

SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. An awareness of the principles of sound nutrition, and the importance of bread to the diet.
2. An awareness of historical perspectives and the nutritional and social value of making bread at home.
3. Basic skills in breadmaking.
4. An awareness of the terms, concepts, and materials used in the production of bread.
5. An awareness of current food controversies.
6. An awareness of the time and energy management and decision-making skills used when purchasing and preparing food items.
7. An awareness of the options available when selecting and purchasing ingredients and equipment used in breadmaking.
8. An awareness of the need for practicing proper sanitation when handling food items and cooking equipment.
9. An awareness of the role the consumer plays in the marketplace.
10. An awareness of resource management and safety in the home and workplace.
11. An awareness that the course serves a dual purpose-preparation for the vocation/occupation of homemaking and pre-preparation for gainful employment.

COURSE OBJECTIVES

At the end of the course the student will demonstrate an ability:

1. To perform the basic skills used in the production of homemade bread.
2. To list the minimal daily requirements needed to maintain health and identify food sources for these nutrients.
3. To recognize and use the terms, concepts, and equipment used in the home production of bread.
4. To define standards for food selection, preparation, and storage.
5. To select ingredients and explain how these ingredients contribute to successful breadmaking.
6. To select and purchase ingredients and equipment economically.
7. To recognize the options available in the marketplace when purchasing food supplies and equipment.
8. To discuss current food controversies and investigate the role of food additives in today's food supply.
9. To identify time and energy management and decision-making skills used in the purchase preparation, and storage of bread items.
10. To prepare bread items using preparation and storage techniques that ensure proper sanitation and minimal nutritional loss.
11. To identify and eradicate common insects and rodent problems in the kitchen and other household areas.

COURSE OBJECTIVES (CONTINUED)

12. To define the consumer's effect (demand) on the market place (supply), and how personal and family buying patterns can have a great impact on available resources.
13. To identify and use techniques for resource management in the home and workplace.
14. To identify the skills acquired in the classroom that are transferable to the job market.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to Nutrition
 - 1.1. Four food groups
 - 1.2. Nutrients
 - 1.2.1. Effects on the body's functions
 - 1.2.2. Food sources for various nutrients
 - 1.2.3. Changing needs throughout the life cycle
 - 1.2.4. Current food controversies
 - 1.2.5. Food additives
 - 1.3. Reliable sources of current nutrition information
2. Introduction to Breadmaking
 - 2.1. Type of bread
 - 2.1.1. Yeast
 - 2.1.2. Quick
 - 2.1.3. Unleavened
 - 2.1.4. Holiday
 - 2.2. Nutritional value of bread
 - 2.3. Terminology and concepts of breadmaking
 - 2.4. Social/historical aspects of breadmaking
3. Breadmaking Skills Development
 - 3.1. Selection of ingredients
 - 3.2. Selection of ingredient substitutions
 - 3.3. Preparation techniques
 - 3.3.1. Mixing
 - 3.3.2. Kneading
 - 3.3.3. Shaping
 - 3.4. Storage of dough/bread items
 - 3.4.1. Frozen
 - 3.4.2. Refrigerated
 - 3.4.3. Dry
4. Selection of Food Supplies and Equipment
 - 4.1. Standards for selection of food supplies and equipment
 - 4.2. New products available in the marketplace
 - 4.3. Sources for food supplies and equipment
 - 4.4. Food advertising and sources for reliable food information
 - 4.5. Label interpretation

COURSE CONTENT AND SCOPE (CONTINUED)

5. Sanitation
 - 5.1. Food-borne illnesses
 - 5.1.1. Identification
 - 5.1.2. Prevention
 - 5.2. Care and storage of food items
 - 5.3. Food preparation and storage techniques
 - 5.4. Household, kitchen and personal cleanliness
 - 5.5. Effect of and control of rodents and insects
6. Resource Management and Safety
 - 6.1. Time-saving and energy-saving techniques used in breadmaking
 - 6.2. Energy-saving equipment and appliances available in the marketplace.
 - 6.3. Prevention of food waste
 - 6.4. Safety
 - 6.4.1. Fire safety
 - 6.4.2. Equipment use and storage
7. Marketing Your Home Economic Skills and Products
 - 7.1. Identification of skills and products
 - 7.2. Market need survey
 - 7.3. Sources of employment
 - 7.3.1. Specialty stores
 - 7.3.2. Demonstrator of food items and equipment
 - 7.3.2.1. Restaurants
 - 7.3.2.2. Coffee shops and cafeteria
 - 7.3.2.3. Fast food shops
 - 7.3.2.4. Bakeries and delis
 - 7.3.2.5. Caterers
 - 7.3.2.6. Hospitals, Convalescent and Nursing Homes
 - 7.3.3. Food service industry
 - 7.3.4. Own business

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

The student and the teacher will evaluate the success of the course using student evaluations of the course content and the teacher in addition to one or more of the following:

1. The student will demonstrate the ability to select the ingredients and perform the skills used in breadmaking.
2. The student will set goals and evaluate the achievement of these goals upon completion of the course.
3. The student will take a pre-test and post-test.
4. Student attendance and participation in class activities.

TEXTS AND SUPPLIES

The instructor will provide a copy of the course syllabus and all relevant handouts. The student will provide pen/pencil, notebook, assigned textbook, and food and supplies necessary to learn specific food preparation techniques for each class/session (approximately \$3.00 per class/session).

PREPARED BY Phyllis Cooper/Marjorie Howe DATE Fall 1981

DATE REVISED BY Judith Ewing/Marjorie Howe DATE June 1988

DATE REVISED BY Instructional Services/SLOs Added DATE February 2, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog