

Apprenticeship and Industry Training

Baker

Curriculum Guide

024 (2022)

Alberta 



Apprenticeship
and Industry
Training

ALBERTA ADVANCED EDUCATION

Baker : apprenticeship education program curriculum guide

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**Baker
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Apprenticeship

Apprenticeship is post-secondary education with a difference. Apprenticeship begins with finding a sponsor. Sponsors guide apprentices, and support on-the-job learning through provision of mentorship. Approximately 80 per cent of an apprentice's time is spent on the job under the supervision of a certified journeyman or qualified tradesperson. The other 20 per cent involves technical training provided at, or through, a post-secondary institution (PSI) – usually a college or technical institute.

To receive their post-secondary credential, apprentices must learn theory and skills, and they must pass examinations. Criteria for the program—including the content and delivery of technical training—are developed and updated by the Registrar.

The graduate of the Baker apprenticeship program is an individual who will be able to:

- prepare and bake all types of high quality yeast raised products in commercial quantities.
- produce and decorate various types of cakes, cookies and pastries commonly available in commercial bakeries.
- use efficiently and safely all hand and power operated equipment available in modern bakeries.
- practice good housekeeping procedures and maintain high levels of sanitation.
- apply the basics of management, costing and business controls.
- perform assigned tasks in accordance with quality and production standards required by industry.

Apprenticeship and Industry Training System

Alberta's apprenticeship programs are supported by industry stakeholders that ensures a highly skilled, internationally competitive workforce in the province. The Registrar establishes the educational standards and provides direction to the system supported by industry and the PSI's. The Ministry of Advanced Education provides the legislative framework and administrative support for the apprenticeship and industry training system.

Special thanks are offered to the following industry members who contributed to the development of the standard:

Mr. P. Schwabenbauer Edmonton
Mr. I. Bragoli Calgary
Mr. C. Brouse Edmonton
Mr. D. Dornn Edmonton
Mr. B. Jaeger Edmonton
Mr. M. Curtis Leduc
Mr. J. John Calgary
Mr. J. Sherlock Edmonton

Alberta Government

Alberta Advanced Education works with industry, sponsor and employee organizations and technical training providers to:

- facilitate industry's development and maintenance of training and certification standards
- provide registration and counselling services to apprentices and sponsors
- coordinate technical training in collaboration with training providers
- certify apprentices and others who meet industry standards

Apprenticeship Safety

Safe working procedures and conditions, incident/injury prevention, and the preservation of health are of primary importance in apprenticeship programs in Alberta. These responsibilities are shared and require the joint efforts of government, sponsors, employees, apprentices and the public. Therefore, it is imperative that all parties are aware of circumstances that may lead to injury or harm.

Safe learning experiences and healthy environments can be created by controlling the variables and behaviours that may contribute to or cause an incident or injury. By practicing a safe and healthy attitude, everyone can enjoy the benefit of an incident and injury free environment.

Occupational Health and Safety

Persons engaged in, or supporting an individual in an experiential learning environment are often exposed to more worksite hazards than in other forms of traditional post-secondary education and therefore should be familiar with and apply the Occupational Health and Safety Act, Regulations and Code when dealing with personal safety and the special safety rules that apply to all daily tasks.

Occupational Health and Safety-OHS (a division of Alberta Labour and Immigration) conducts periodic inspections of workplaces to ensure that safety regulations for industry are being observed.

Additional information is available at www.alberta.ca/occupational-health-safety.aspx

Technical Training

Apprenticeship technical training is delivered by the PSI's throughout Alberta. The PSI's are committed to delivering the technical training component of Alberta apprenticeship programs in a safe, efficient and effective manner. All PSI's place a strong emphasis on safety that complements safe workplace practices towards the development of a culture of safety for all professions.

The PSI's work with industry and Alberta Advanced Education to enhance access and responsiveness to industry needs through the delivery of the technical training component of apprenticeship programs across the province. They develop curriculum from the curriculum guides established by the Registrar in consultation with the PSI's and industry and provide the technical training to apprentices.

The following institutions PSI's deliver Baker apprenticeship trade technical training:

Northern Alberta Institute of Technology Southern Alberta Institute of Technology

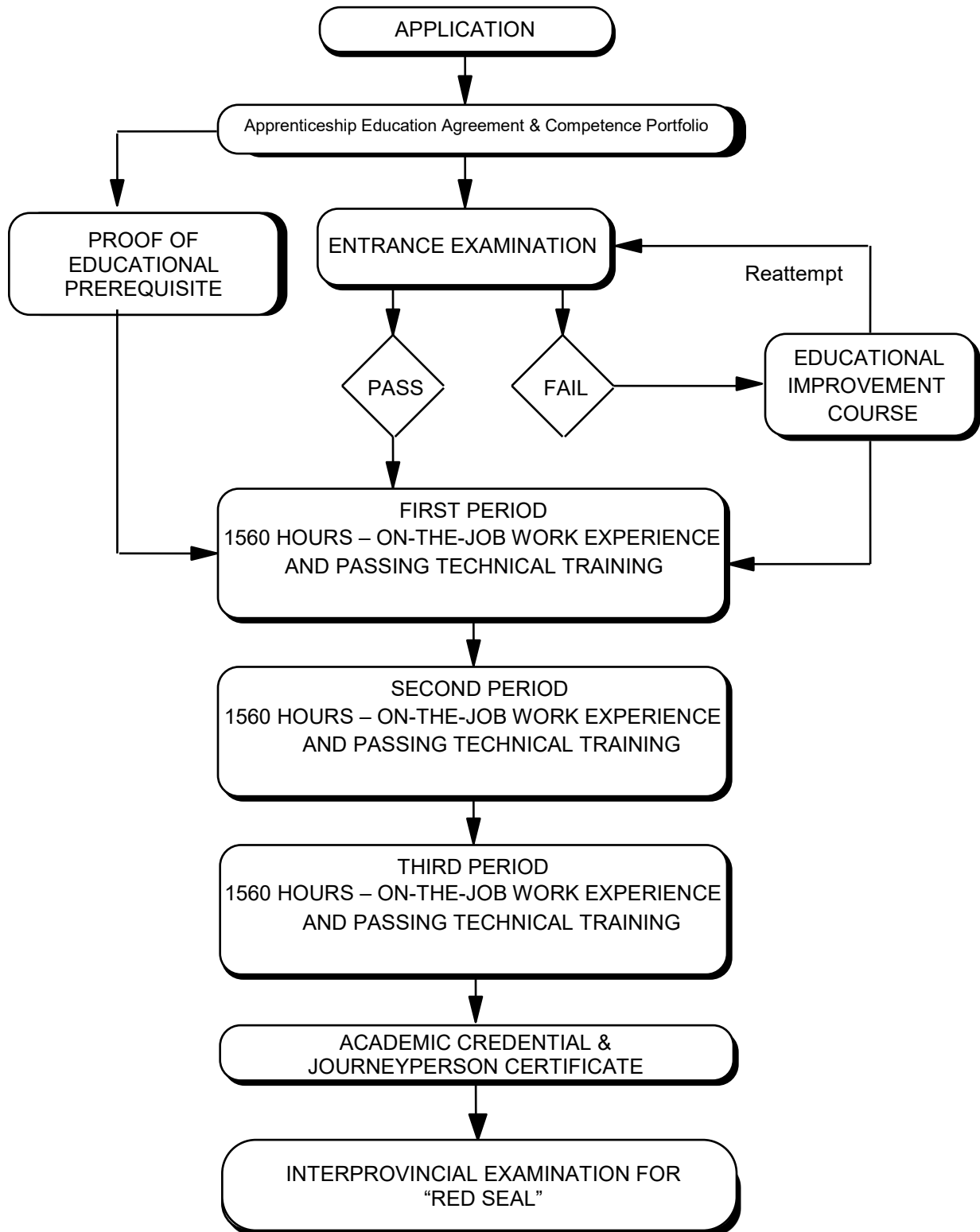
Procedures for Recommending Revisions to the Curriculum Guide

Any concerned individual or group in the province of Alberta may make recommendations for change by writing to:

Registrar of Apprenticeship Programs
c/o Apprenticeship Delivery and Industry Support Services
Apprenticeship Delivery and Industry Support
Advanced Education
19th floor, Commerce Place
10155 102 Street NW
Edmonton AB T5J 4L5

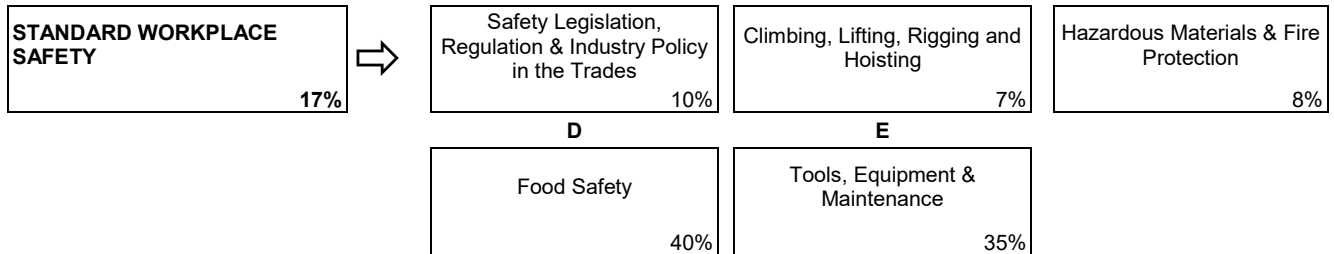
It is requested that recommendations for change refer to specific areas and state references used.

Apprenticeship Route toward Academic Credential

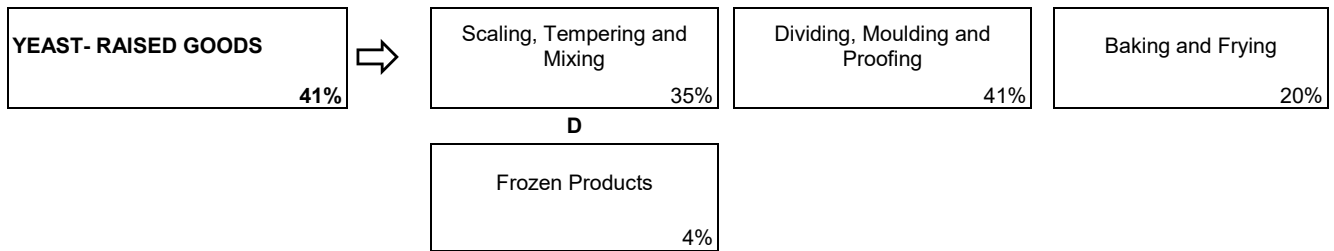


**Baker Training Profile
First Period
(8 Weeks 30 Hours per Week – Total of 240 Hours)**

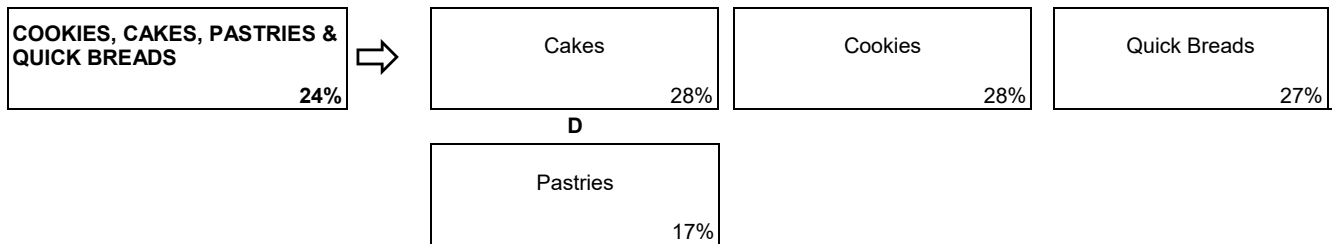
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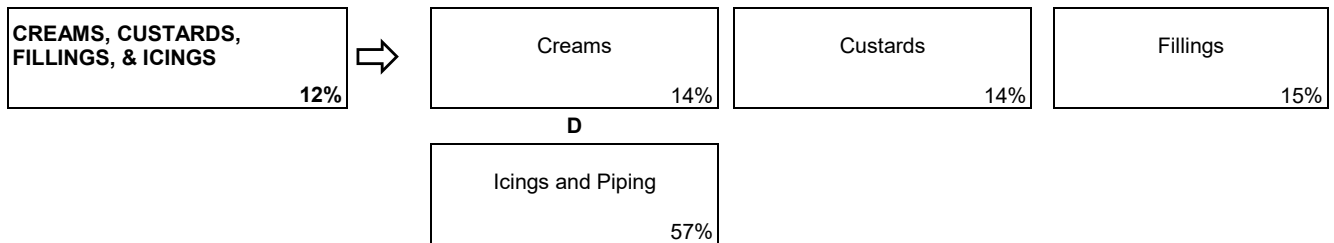
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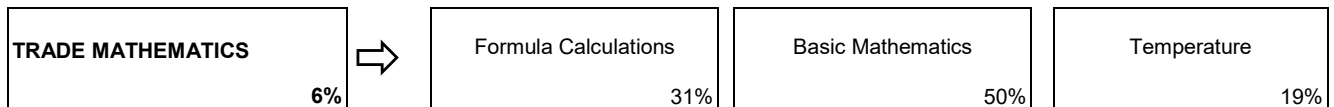
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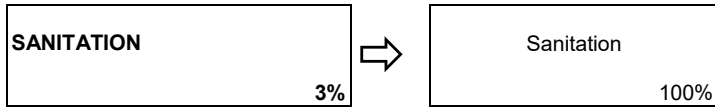


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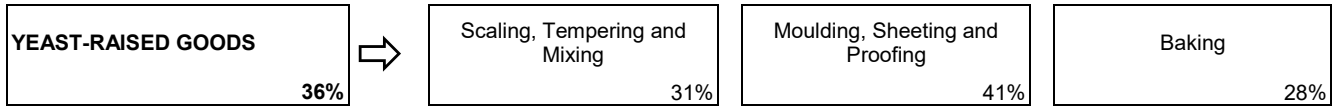


Second Period
(8 Weeks 30 Hours per week – Total of 240 Hours)

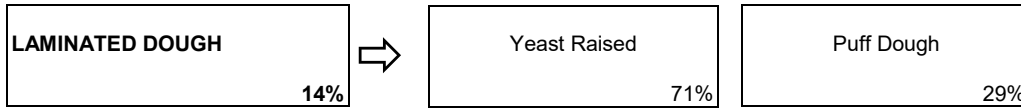
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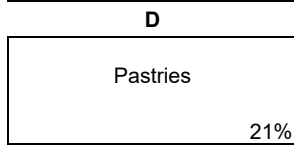
SECTION TWO



SECTION THREE



SECTION FOUR



SECTION FIVE



SECTION SIX



**Third Period
(8 Weeks 30 Hours per week – Total of 240 Hours)**

SECTION ONE				
MANAGEMENT SKILLS 7%	⇒	A Management Skills 38%	B Production Planning 38%	C Regulations 12%
		D Merchandising 12%		
SECTION TWO				
YEAST-RAISED GOODS 48%	⇒	A Scaling, Tempering and Mixing 34%	B Moulding, Sheeting and Proofing 45%	C Baking 21%
SECTION THREE				
SAVORIES, CAKES & PASTRIES 23%	⇒	A Savoury Items 15%	B Advanced Cakes and Pastries 22%	C Wedding Cakes 30%
		D Choux Paste 11%	E Decorated Cake 22%	
SECTION FOUR				
CHOCOLATES & CONFECTIONS 8%	⇒	A Chocolate 31%	B Confections 32%	C Sugar Modeling 37%
SECTION FIVE				
DESSERTS, ICE CREAMS & SORBETS 7%	⇒	A Production Methods for Frozen Products 25%	B Frozen Desserts 38%	C Plated Desserts 37%
SECTION SIX				
FOOD & NUTRITION 6%	⇒	A Science of Nutrition 38%	B Diets, Lifestyles and Trends 37%	C Food Labelling 25%
SECTION SEVEN				
WORKPLACE COACHING SKILLS 1%	⇒	A Workplace Coaching Skills 33%	B Interprovincial Standards 67%	

**FIRST PERIOD TECHNICAL TRAINING
BAKER TRADE
CURRICULUM GUIDE**

UPON SUCCESSFUL COMPLETION OF THIS PROGRAM THE APPRENTICE WILL BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE: STANDARD WORKPLACE SAFETY 17%

A. Safety Legislation, Regulation & Industry Policy in the Trades 10%

Outcome: ***Apply legislation, regulations and practices ensuring safe work in this trade.***

1. Demonstrate the application of the Occupational Health and Safety (OHS) Act, Regulation and Code.
2. Describe the sponsor's and employee's role with Occupational Health and Safety (OHS) regulations, Worksite Hazardous Materials Information Systems (WHMIS), fire regulations, Workers Compensation Board (WCB) regulations and related advisory bodies and agencies.
3. Describe industry practices for hazard assessment and control procedures.
4. Describe the responsibilities of worker and sponsors to apply emergency procedures.
5. Describe tradesperson attitudes with respect to housekeeping, personal protective equipment and emergency procedures.
6. Describe the roles and responsibilities of sponsors and employees with the selection and use of personal protective equipment (PPE).
7. Maintain required PPE for tasks.
8. Use required PPE for tasks.

B. Climbing, Lifting, Rigging and Hoisting 7%

Outcome: ***Use industry standard practices for climbing, lifting, rigging and hoisting in this trade.***

1. Describe manual lifting procedures.
2. Describe rigging hardware and associated safety factors.
3. Select equipment for rigging loads.
4. Describe hoisting and load moving procedures.
5. Maintain personal protective equipment (PPE) for climbing, lifting and load moving equipment.
6. Use PPE for climbing, lifting and load moving equipment.

C. Hazardous Materials & Fire Protection..... 8%

Outcome: ***Apply industry standard practices for hazardous materials and fire protection in this trade.***

1. Describe roles, responsibilities, features and practices related to the WHMIS program.
2. Describe three key elements of WHMIS.
3. Describe handling, storing and transporting procedures for hazardous material.
4. Describe venting procedures when working with hazardous materials.
5. Describe hazards, classes, procedures and equipment related to fire protection.

D. Food Safety..... 40%**Outcome: Complete an approved public health food safety course.**

1. Identify causes of food borne illnesses.
2. Describe dietary allergies and intolerances.
3. Handle food in a safe manner.
4. Maintain a safe and sanitary work place.
5. Describe the basics of Hazard Analysis & Critical Control Points (HACCP) as it relates the baker trade.

E. Tools, Equipment and Maintenance..... 35%**Outcome: Identify and use tools and equipment.**

1. Identify and demonstrate the correct use and maintenance of tools and equipment.
2. Demonstrate knowledge of location of electrical panels.
3. Demonstrate knowledge of gas, water and equipment shut offs.
4. Demonstrate ability to document and notify appropriate maintenance personnel.

SECTION TWO:.....YEAST-RAISED GOODS..... 41%**A. Scaling, Tempering and Mixing 35%****Outcome: Prepare basic doughs.**

1. Prepare a variety of basic doughs and pre-ferment.
2. Describe ingredient function.
3. Identify the functions and various types of yeast.
4. Scale and measure ingredients accurately.
5. Mix and identify optimal dough development.
6. Identify required bench time.

B. Dividing, Moulding, Pinning and Proofing..... 41%**Outcome: Demonstrate the ability to develop consistent products.**

1. Accurately scale product by hand or with dividing equipment.
2. Determine intermediate proof or retarding time.
3. Shape product by hand.
4. Identify a variety of product shapes and their related pans.
5. Use pinning and moulding equipment.
6. Determine final proof time.
7. Identify correct proof.
8. Prepare for baking.

C. Baking and Frying 20%

Outcome: Bake and fry a variety of yeast raised goods.

1. Determine required oven and fryer temperatures.
2. Determine required steam and vent times.
3. Determine baking times.
4. Describe par baking.
5. Identify correct degree of bake for each product.
6. Present and package a variety of finished product.

D. Frozen Products 4%

Outcome: Prepare and use a variety of frozen yeast raised goods.

1. Identify the differences between fresh and frozen doughs.
2. Identify storage techniques (FIFO).
3. Identify storage temperatures.
4. Preparation of frozen product prior to baking.
5. Determine final proof.
6. Determine baking times.
7. Present a variety of finished product.

SECTION THREE:..... COOKIES, CAKES, PASTRIES, & QUICK BREADS 24%

A. Cakes 28%

Outcome: Prepare and bake basic cake batters.

1. Identify various cake making techniques.
2. Scale and measure ingredients accurately.
3. Describe ingredient function.
4. Describe ingredient and pan preparation.
5. Identify method of mixing various cake batters.
6. Describe leavening agents and their effects.
7. Determine baking time and temperature.
8. Identify cake faults.

B. Cookies 28%

Outcome: Prepare and bake basic cookie doughs.

1. Produce various types of cookies.
2. Scale and measure ingredients accurately.
3. Describe ingredient function.
4. Identify ingredient and equipment preparation.
5. Identify various mixing methods.
6. Demonstrate portioning methods.

7. Determine baking time and temperature.
8. Identify cookie faults.
9. Present a variety of finished product.

C. Quick Breads 27%

Outcome: Prepare and bake basic quick breads.

1. Produce a variety of quick breads.
2. Scale and measure ingredients accurately.
3. Describe ingredient function.
4. Identify ingredient and equipment preparation.
5. Identify various mixing methods.
6. Identify fresh, frozen and dried fruit ingredients.
7. Demonstrate portioning methods.
8. Determine baking and frying times and temperatures.
9. Present a variety of finished product.

D. Pastries..... 17%

Outcome: Prepare and bake basic pastries.

1. Produce a variety of basic pastries and cake squares.
2. Scale and measure ingredients accurately.
3. Describe ingredient function.
4. Identify ingredient and equipment preparation.
5. Demonstrate various mixing methods.
6. Identify various fresh, frozen and dried fruit ingredients.
7. Demonstrate portioning methods.
8. Determine baking time and temperature.
9. Present a variety of finished product.

SECTION FOUR:..... CREAMS, CUSTARDS, FILLINGS, & ICINGS 12%

A. Creams 14%

Outcome: Prepare and use creams and butter creams.

1. Prepare various creams and butter creams.
2. Describe the uses of creams and butter creams.
3. Describe ingredient function.
4. Identify ingredient and equipment preparation.
5. Describe flavouring and colour agents.
6. Describe storage and handling of the product.

B. Custards 14%**Outcome: Prepare and cook custards**

1. Identify ingredients.
2. Describe ingredient function.
3. Describe ingredient preparation.
4. Describe cooking methods.
5. Prepare and cook a variety of custards.
6. Describe the uses of custards.
7. Describe storage and handling of the product.

C. Fillings 15%**Outcome: Prepare and cook fillings.**

1. Identify ingredients.
2. Describe ingredient function.
3. Describe ingredient preparation.
4. Describe cooking methods.
5. Describe fresh, frozen and dried ingredients.
6. Prepare and cook a variety of fillings.
7. Describe the uses of fillings.
8. Describe storage and handling of the product.

D. Icings and Piping and Decorating 57%**Outcome: Demonstrate the use of icing and piped forms.**

1. Identify ingredients.
2. Describe ingredient function.
3. Describe ingredient preparation.
4. Describe mixing methods.
5. Prepare and use a variety of icings.
6. Use a variety of piping tips.
7. Perform basic piped shapes.
8. Describe the use of icings.
9. Identify flavouring and colour agents.
10. Describe storage and handling of the product.
11. Cut and divide layer cakes.
12. Coat, mask and decorate cakes.

SECTION FIVE:..... TRADE MATHEMATICS..... 6%

A. Formula Calculations 31%

Outcome: Perform formula calculations.

1. Calculate yields: given recipe, scaling weight and percentage loss.
2. Convert recipes to “Bakers Percentage” (ingredients based on flour being 100%).
3. Increase or decrease recipes to give a required yield i.e. $\text{required/old} = \text{new}$.

B. Basic Mathematics 50%

Outcome: Perform basic mathematic calculations.

1. Calculate and convert formulas using the Imperial, Metric and American System.
2. Alter formulation to compensate for altitude and water conditions.
3. Calculate percentages.
4. Calculate ratio and proportion.
5. Calculate yeast conversions.
6. Calculate ingredient cost, batch cost and overhead costs.
7. Calculate mark up, selling price, gross profit and gross margin.

C. Temperature 19%

Outcome: Perform temperature calculations.

1. Calculate machine friction.
2. Calculate required water temperature.

**SECOND PERIOD TECHNICAL TRAINING
BAKER TRADE
CURRICULUM GUIDE**

UPON SUCCESSFUL COMPLETION OF THIS PROGRAM THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE: SANITATION..... 3%

A. SANITATION..... 100%

Outcome: Identify and prevent food spoilage.

1. Food preservation and storage.
2. Microbial spoilage of baked goods.
3. Describe the use and types of preservatives.

SECTION TWO: YEAST RAISED GOODS 36%

A. Scaling, Tempering and Mixing 31%

Outcome: Prepare doughs.

1. Prepare a variety of dough's and pre-ferments (scratch, premixes and bases).
2. Describe ingredient function.
3. Prepare ingredients.
4. Use appropriate yeast.
5. Scale and measure ingredients accurately.
6. Calculate required dough temperature (RDT).
7. Use required mixer bowl size per dough batch.
8. Mix and identify optimal dough development.
9. Identify required bench time.

B. Moulding, Sheeting and Proofing 41%

Outcome: Demonstrate the ability to produce consistent products.

1. Accurately portion product by hand.
2. Shape product by hand.
3. Determine intermediate proof or retarding time.
4. Produce a variety of product shapes using their related pans.
5. Use sheeting/moulding equipment.
6. Determine final proof time.
7. Demonstrate correct proof.
8. Prepare for baking.

C. Baking..... 28%

Outcome: Bake a variety of yeast raised goods

1. Determine required oven temperatures.
2. Determine required steam and vent times.
3. Determine baking times.
4. Produce par baked product.
5. Prepare product to full bake.
6. Present a variety of finished product.
7. Identify bread faults.

SECTION THREE:..... LAMINATED DOUGH..... 14%

A. Yeast Raised 71%

Outcome: Prepare and bake a variety of yeast raised laminated product.

1. Prepare ingredients and fats.
2. Describe ingredient function.
3. Use appropriate yeast.
4. Identify different formulas and laminating techniques.
5. Scale and measure ingredients accurately.
6. Calculate required dough temperature (RDT).
7. Mix and identify optimal dough development.
8. Determine intermediate proof and retarding time.
9. Demonstrate procedures for freezing (dough slab, individual portions).
10. Present a variety of finished product.

B. Puff Dough 29%

Outcome: Prepare laminated puff dough.

1. Prepare ingredients and fats.
2. Describe ingredient function.
3. Identify different formulas and laminating techniques.
4. Scale and measure ingredients accurately.
5. Use required mixer bowl size per dough batch.
6. Mix and identify optimal dough development.
7. Determine retarding time between turns.
8. Demonstrate procedures for freezing (dough slab, individual portions).
9. Bake and present a variety of finished product.

SECTION FOUR:.....COOKIES, CAKES, PIES, TARTS, & PASTRIES 23%

A. Cakes 29%

Outcome: Prepare cakes using various production methods.

1. Produce a variety of cake batters (hi ratio, angel food, sponge, cheese cake, mousse cake).
2. Prepare pans.
3. Describe ingredient function.
4. Prepare and scale ingredients.
5. Mix various cake batters.
6. Demonstrate techniques of depositing batters (sheet cakes, layer cakes, cup cakes, angel food).
7. Determine baking time and temperature.
8. Determine doneness and cooling procedures.
9. Identify cake faults.
10. Present a variety of finished product.

B. Cookies..... 29%

Outcome: Prepare a variety of fancy cookies.

1. Produce various types of cookies (meringue, short bread, ice box).
2. Scale and measure ingredients accurately.
3. Describe ingredient function.
4. Prepare ingredients.
5. Mix cookie doughs.
6. Demonstrate all portioning methods.
7. Determine baking time, temperature and doneness.
8. Identify cookie faults.
9. Present a variety of finished and fancy product.

C. Pies and Tarts 21%

Outcome: Prepare and present pies & tarts.

1. Prepare and mix ingredients.
2. Describe ingredient function.
3. Describe blocking methods.
4. Describe par baking crusts/shells.
5. Deposit fillings (fruit, cream, mousse, sugar filling, butter tart).
6. Determine baking time, temperature and doneness.
7. Present a variety of finished product.

D. Pastries..... 21%

Outcome: Prepare and present pastries.

1. Produce a variety of pastries.
2. Scale and measure ingredients accurately.
3. Describe ingredient function.
4. Identify ingredient and equipment preparation.
5. Identify various mixing methods.
6. Describe fresh, frozen and dried fruit ingredients.
7. Describe of portioning methods.
8. Determine baking time and temperature.
9. Present a variety of finished product.

SECTION FIVE:.....CREAMS, FILLINGS, ICINGS, & FINISHES 17%

A. Creams 20%

Outcome: Prepare creams for fillings.

1. Prepare ingredients.
2. Describe ingredient function.
3. Demonstrate the uses of creams.
4. Mix ingredients.
5. Identify faults.
6. Use flavouring and colour agents.
7. Demonstrate storage and handling of the product.

B. Fillings 20%

Outcome: Prepare and cook fillings.

1. Describe ingredient function.
2. Scale and measure ingredients accurately.
3. Mix ingredients.
4. Produce various types of fruit fillings.
5. Produce various types of custard fillings.
6. Produce cooked and non-cooked fillings.
7. Demonstrate portioning.
8. Determine cooking time, temperature and doneness.
9. Demonstrate storage and handling of the product.
10. Present a variety of product.

C. Icings and Piping..... 40%

Outcome: Demonstrate the use of icing and piped forms in the finishing of product.

1. Describe ingredient function.
2. Mix and pipe a variety of icings.
3. Perform piped shapes using a variety of piping tips (flowers, borders, rosettes, lines, writing).
4. Demonstrate the use of icings.
5. Use flavouring and colour agents.
6. Demonstrate storage and handling of the product.

D. Finishing..... 20%

Outcome: Apply appropriate finishes to product.

1. Apply special effects:
 - a) stencils
 - b) airbrush to create unique effects
 - c) edible transfers.
2. Use various finishing techniques (coating, dipping, masking).
3. Describe basic plating techniques.

SECTION SIX: COMMUNICATIONS..... 7%

A. Communication 50%

Outcome: Demonstrate effective communication.

1. Develop effective listening skills.
2. Be familiar with one way and two way communication.
3. Be aware of the many communication barriers.
4. Use job seeking skills.
5. Identify effective goal setting.

B. Customer Service 50%

Outcome: Demonstrate effective customer service.

1. Demonstrate effective customer relations.
2. Be aware of the effects of customer service in the success or failure of a business.
3. Use effective message taking techniques.

**THIRD PERIOD TECHNICAL TRAINING
BAKER TRADE
CURRICULUM GUIDE**

UPON SUCCESSFUL COMPLETION OF THIS PROGRAM THE APPRENTICE SHOULD BE ABLE TO PERFORM THE FOLLOWING OUTCOMES AND OBJECTIVES.

SECTION ONE: MANAGEMENT SKILLS..... 7%

A. Management Skills 38%

Outcome: *Apply management strategies.*

1. Promote good staff relations.
2. Promote team concept.
3. Describe various management styles.
4. Develop a bakery budget.
5. Discuss entrepreneurship and business opportunities.

B. Production Planning 38%

Outcome: *Apply the ability to plan an effective production schedule.*

1. Understand process flow and bakery layout.
2. Develop a production schedule.
3. Determine required equipment for production.
4. Identify facility limitations.
5. Demonstrate staff scheduling.
6. Recognize staff abilities.

C. Regulations 12%

Outcome: *Have an awareness of Provincial and Federal regulations.*

1. Describe the government regulations for the Alberta Employment Standards Act.
2. Describe the government regulations for Provincial legislation.
3. Describe the government regulations for the Worker's Compensation Board (WCB).
4. Describe the government regulations for Canadian Food Inspection Agency (CFIA).

D. Merchandising 12%

Outcome: *Understand the importance of product promotion.*

1. Demonstrate merchandising.
2. Describe various packaging.
3. Use product sampling.

SECTION TWOYEAST-RAISED GOODS..... 48%

A. Scaling, Tempering and Mixing 34%

Outcome: Prepare specialty yeast raised products.

1. Prepare advance doughs and pre-ferments.
2. Prepare ingredients.
3. Describe ingredient function.
4. Use appropriate yeast.
5. Scale and measure ingredients accurately.
6. Calculate required dough temperature (RDT).
7. Mix and identify optimal dough development.
8. Identify required bench time.

B. Moulding, Sheeting and Proofing 45%

Outcome: Demonstrate the ability to develop consistent products.

1. Accurately scale product by hand.
2. Shape product by hand.
3. Determine intermediate proof or retarding time.
4. Identify a variety of product shapes and their related pans.
5. Use dividing equipment.
6. Use moulding equipment.
7. Use sheeting equipment.
8. Determine final proof time.
9. Demonstrate correct proof.
10. Prepare for baking.

C. Baking..... 21%

Outcome: Bake specialty yeast raised goods.

1. Determine required oven temperatures.
2. Determine required steam and vent times.
3. Determine baking times.
4. Produce par baked product.
5. Prepare product to full bake.
6. Present a variety of finished product.
7. Identify bread faults.

SECTION THREE:.....SAVORIES, CAKES, & PASTRIES 23%

A. Savoury Items 15%

Outcome: Produce a variety of savoury products.

1. Describe ingredient function.
2. Prepare ingredients.
3. Prepare various savoury products.
4. Bake various savoury products.
5. Demonstrate food safe procedures.

B. Advanced Cakes and Pastries 22%

Outcome: Prepare a variety advanced cakes and pastries.

1. Describe ingredient function.
2. Prepare ingredients.
3. Prepare various advanced cakes and pastries products.
4. Bake various advanced cakes and pastries products.

C. Wedding Cakes..... 30%

Outcome: Prepare and present a finished wedding cake.

1. Prepare a tiered wedding cake.

D. Choux Paste..... 11%

Outcome: Prepare choux paste.

1. Describe ingredient function.
2. Prepare ingredients.
3. Prepare various choux paste products.
4. Bake various choux paste products.
5. Identify choux faults.

E. Decorated Cakes 22%

Outcome: Decorate cakes and specialty tortes using a variety of styles.

1. Present a cake with borders, flowers and writing.
2. Apply air brushing techniques.
3. Decorate with almond paste.

SECTION FOUR:..... CHOCOLATE & CONFECTIONS..... 8%

A. Chocolate 31%

Outcome: Prepare chocolate for use in a variety of applications.

1. Identify the different types of chocolate.
2. Describe ingredient function.
3. Temper couverture chocolate.

4. Use couvertures and compound chocolate.
5. Prepare ganache.
6. Prepare modeling chocolate.
7. Prepare piping chocolate.

B. Confections..... 32%

Outcome: Identify the preparation of various confections.

1. Identify boiling stages and temperatures.
2. Identify effects of acids and invert sugars and their applications.
3. Identify types of confections such as fudge, caramels, gelées, candied peels and soft and hard candies.
4. Identify ingredients such as flavourings and colourings.

C. Sugar Modeling..... 37%

Outcome: Identify sugar modeling techniques.

1. Identify various ingredients for cooking sugar.
2. Identify storage procedures for sugar and showpieces.
3. Observe basic pulling techniques.
4. Observe sugar blowing techniques, piping, spun sugar, casting and flower making.
5. Identify tools and equipment.

SECTION FIVE DESSERTS, ICE CREAMS & SORBETS 7%

A. Production Methods for Frozen Products 25%

Outcome: Describe the assembly of components for desserts, ice creams and sorbets.

1. Identify alcohol, sugar and fat content.
2. Describe ingredient function.
3. Describe formulations for syrup and custard bases.
4. Identify flavourings for bases.
5. Describe overrun.
6. Identify desired end product.
7. Describe holding and long term storage temperature.

B. Frozen Desserts..... 38%

Outcome: Prepare frozen desserts.

1. Identify frozen desserts such as parfaits, frozen soufflés and bombes.
2. Describe frozen dessert components.
3. Describe the effects of freezing on food product characteristics such as texture and flavour.
4. Assembles components for frozen desserts.
5. Ability to un-mould frozen desserts.

6. Ability to store finished products.
7. Present a variety of frozen desserts.

C. Plated Desserts..... 37%

Outcome: Prepare and present a variety of plated desserts.

1. Plans plate design.
2. Identify plate balance such as height, focal point, textures, flavours and number of components.
3. Prepares components.
4. Describe portion control.
5. Ability to follow plate design plan.
6. Ability to apply sauces and garnishes in an attractive manner.
7. Present a variety of plated desserts.

SECTION SIX:FOODS & NUTRITION 6%

A. Science of Nutrition 38%

Outcome: Describe the nutritional importance of ingredients.

1. Describe the nutritional importance of fat and edible oil.
2. Describe the nutritional importance of proteins.
3. Describe the nutritional importance of carbohydrates.
4. Describe the nutritional importance of water.
5. Describe the nutritional importance of fibre.
6. Describe the nutritional importance of sugars.

B. Diets, Lifestyles and Trends..... 37%

Outcome: Be familiar with the Canada Food Guide and dietary options.

1. Describe the vegetarian diets.
2. Describe ethnic and religious diets.
3. Describe natural and organic food production.
4. Describe modified food production.
5. Describe dietary allergies and intolerances.
6. Describe dietary options and restrictions.
7. Modify formulas according to dietary concerns.
8. Interpret food labelling terminology.

C. Food Labelling 25%

Outcome: Identify and understand food labels.

1. List labelling requirements.
2. Identify required nutritional information.
3. Ability to understand food labels.

SECTION SEVEN: WORKPLACE COACHING SKILLS 1%

A. Workplace Coaching Skills 33%

Outcome: Use coaching skills when training and apprentice.

1. Describe the process for coaching an apprentice.

B. Interprovincial Standards Red Seal Program..... 67%

Outcome: Use Red Seal products to challenge an Interprovincial examination.

1. Identify Red Seal products used to develop Interprovincial examinations.
2. Identify Red Seal products to prepare for an Interprovincial examination.



Apprenticeship and Industry Training

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