

# Baking and Pastry Foundations

## Safety and Sanitation

- 1 1980.1 Identify causes and prevention of kitchen accidents. 1980.1**
  - 1 1980.1.1 Identify a range of protective attire, footwear, and gear utilized within a foodservice environment. 1980.1.1
  - 2 1980.1.2 Identify methods for avoiding burns. 1980.1.2
  - 3 1980.1.3 Outline protocols for avoiding slips, trips, and falls within a foodservice establishment. 1980.1.3
  - 4 1980.1.4 Outline procedures for cleaning up spills. 1980.1.4
  - 5 1980.1.5 Demonstrate safe and proper use of ladders. 1980.1.5
  - 6 1980.1.6 Demonstrate correct techniques for lifting and carrying to prevent injuries. 1980.1.6
  - 7 1980.1.7 Outline basic first aid methods and procedures. 1980.1.7
  - 8 1980.1.8 Identify external risks to an operation and enumerate measures to safeguard against them. 1980.1.8

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- 2 1980.2 Demonstrate safe and sanitary procedures for operating and maintaining large equipment, hand tools, and small wares. 1980.2**
  - 1 1980.2.1 Identify types of food-preparation equipment and examples of their uses. 1980.2.1
  - 2 1980.2.2 Demonstrate proper and safe use of equipment. 1980.2.2
  - 3 1980.2.3 Outline procedures for cleaning and sanitization of tools and equipment. 1980.2.3
  - 4 1980.2.4 Identify hand tools and small equipment. 1980.2.4

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**3 1980.3 Exhibit familiarity with laws and rules, pertaining to the food service industry, of regulatory agencies such as OSHA. 1980.3**

- 1 1980.3.1 Identify government agencies overseeing the regulation of the restaurant and foodservice sector. 1980.3.1
- 2 1980.3.2 Define the role and functions of Occupational Safety and Health Administration (OSHA) regulations. 1980.3.2
- 3 1980.3.3 Outline the employer requirements of the Hazard Communication Standard. 1980.3.3
- 4 1980.3.4 Outline the steps of an accident investigation. 1980.3.4
- 5 1980.3.5 Explain the purpose of an emergency and evacuation plan. 1980.3.5

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**4 1980.4 Identify safe food handling processes. 1980.4**

- 1 1980.4.1 Identify individual actions that have the potential to introduce contaminants into food. 1980.4.1
- 2 1980.4.2 Demonstrate proper handwashing and explain when hands should be washed. 1980.4.2
- 3 1980.4.3 Identify proper personal hygiene practices and suitable attire for work. 1980.4.3
- 4 1980.4.4 Identify methods for safely handling ready-to-eat food. 1980.4.4
- 5 1980.4.5 Explain circumstances when it is necessary to restrict food handlers from engaging in food-related tasks or working within the operation. 1980.4.5
- 6 1980.4.6 Explain how to maintain a clean and sanitary food service operation. 1980.4.6

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**5 1980.5 Identify causes and signs of biological, physical, and chemical contamination. 1980.5**

- 1 1980.5.1 Explain the difference between biological, physical, and chemical contamination. 1980.5.1
- 2 1980.5.2 Identify methods to prevent cross-contamination. 1980.5.2
- 3 1980.5.3 List causes of biological contamination. 1980.5.3

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**6 1980.6 Describe use, storage, and disposal of types of cleaners and sanitizers, and their proper use. 1980.6**

- 1 1980.6.1 Identify factors that affect the efficiency of sanitizers. 1980.6.1
- 2 1980.6.2 Create a master cleaning schedule. 1980.6.2
- 3 1980.6.3 List the requirements for storage of hazardous chemicals. 1980.6.3

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**7 1980.7 Identify proper methods of waste disposal and recycling.** 1980.7

- 1 1980.7.1 Explain the strategies a restaurant or foodservice establishment can employ to minimize its overall waste. 1980.7.1
  - 2 1980.7.2 List items that a foodservice establishment can repurpose or recycle. 1980.7.2
  - 3 1980.7.3 Explain greenwashing and ways to avoid it. 1980.7.3
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**8 1980.8 Identify and describe microorganisms related to food spoilage and food-borne illness, including growth environments.** 1980.8

- 1 1980.8.1 Explain foodborne illness outbreaks and associated expenses. 1980.8.1
  - 2 1980.8.2 List and explain the acronym FAT TOM. 1980.8.2
  - 3 1980.8.3 Outline methods to prevent and control pests. 1980.8.3
  - 4 1980.8.4 Describe the characteristics of TCS food and list examples. 1980.8.4
  - 5 1980.8.5 Explain the importance of food defense systems. 1980.8.5
  - 6 1980.8.6 Identify methods to avoid time-temperature abuse. 1980.8.6
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**Business and Math Skills**

**9 1980.9 Perform basic mathematical operations pertaining to the food service industry (e.g., addition, subtraction, multiplication, division, conversions).** 1980.9

- 1 1980.9.1 Demonstrate basic math calculations using whole numbers and fractions. 1980.9.1
  - 2 1980.9.2 Calculate food cost and food cost percentage. 1980.9.2
  - 3 1980.9.3 Calculate as purchased (AP) and edible portion (EP) amounts of a recipe. 1980.9.3
  - 4 1980.9.4 Calculate the total cost and portion costs of a recipe. 1980.9.4
  - 5 1980.9.5 Calculate a recipe's yield and the portions. 1980.9.5
  - 6 1980.9.6 Calculate a new yield for a recipe using a conversion factor. 1980.9.6
  - 7 1980.9.7 Convert recipes to yield different quantities. 1980.9.7
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**10 1980.10 Weigh and measure accurately.** 1980.10

- 1 1980.10.1 Calculate the weights of ingredients using baker's percentages. 1980.10.1
- 2 1980.10.2 Convert units between customary and metric measurement units. 1980.10.2
- 3 1980.10.3 Demonstrate the proper use of smallware and utensils for measuring and portioning. 1980.10.3

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**11 1980.11 Calculate preparation temperatures based on known variables (e.g., friction factor).** 1980.11

- 1 1980.11.1 Explain the significance of considering variables like friction factor in determining preparation temperatures. 1980.11.1
  - 2 1980.11.2 Analyze different factors that could impact the accuracy of preparation temperature calculations. 1980.11.2
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**Purchasing, Receiving,  
Inventory, and Storage**

**12 1980.12 Describe proper techniques of receiving and storing fresh, frozen, refrigerated, and staple goods.** 1980.12

- 1 1980.12.1 Explain procedures for procurement, receiving, and storage that contribute to maintaining quality and managing costs effectively. 1980.12.1
  - 2 1980.12.2 Identify criteria for approving or declining food items during the receiving process. 1980.12.2
  - 3 1980.12.3 Identify the necessary equipment for receiving and storage of food and supplies. 1980.12.3
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**13 1980.13 Examine various inventory systems (e.g., FIFO).** 1980.13

- 1 1980.13.1 Outline the methods used to track and manage inventory. 1980.13.1
  - 2 1980.13.2 Explain the significance of inventory value concerning the control of costs. 1980.13.2
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**14 1980.14 Discuss ethical issues as they relate to purchasing.** 1980.14

- 1 1980.14.1 Describe ethics and explain the significance within the restaurant and foodservice industry. 1980.14.1
  - 2 1980.14.2 Explain the elements that play a role in the purchasing process. 1980.14.2
  - 3 1980.14.3 Explain the process of determining what items to order and when to place those orders. 1980.14.3
  - 4 1980.14.4 Describe the subsequent steps and processes that occur after goods are purchased. 1980.14.4
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**15 1980.15 Order food requisitions from appropriate/reliable sources.** 1980.15

- 1 1980.15.1 Identify characteristics of an authorized food source. 1980.15.1
  - 2 1980.15.2 Describe local sourcing. 1980.15.2
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## Nutrition

### **16 1980.16 Discuss various alternatives to increase the wholesomeness of baked goods.** 1980.16

- 1 1980.16.1 Explain why nutrition is important to the foodservice industry. 1980.16.1
  - 2 1980.16.2 Outline the six basic types of nutrients found in food. 1980.16.2
  - 3 1980.16.3 Describe food additives and their functions. 1980.16.3
  - 4 1980.16.4 Describe recent developments in the production of food and how it may affect nutrition. 1980.16.4
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### **17 1980.17 Interpret food labels in terms of the portion size, ingredients, and nutritional value.** 1980.17

- 1 1980.17.1 Interpret information on a food label. 1980.17.1
  - 2 1980.17.2 Explain how portion control affects food cost. 1980.17.2
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### **18 1980.18 Discuss ways of preventing food allergies (e.g., gluten).** 1980.18

- 1 1980.18.1 List the most common allergens. 1980.18.1
  - 2 1980.18.2 Outline methods for preventing allergic reactions. Human Relations and Career Skills 1980.18.2
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### **19 1980.19 Demonstrate effective communication and interpersonal skills.** 1980.19

- 1 1980.19.1 Demonstrate effective communication skills. 1980.19.1
  - 2 1980.19.2 Outline and explain interpersonal communication in the workplace. 1980.19.2
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### **20 1980.20 Identify career opportunities in the baking industry.** 1980.20

- 1 1980.20.1 List the major positions in a bakery. 1980.20.1
- 2 1980.20.2 Explain the process for an effective job search. 1980.20.2
- 3 1980.20.3 List the steps to a successful job interview. 1980.20.3
- 4 1980.20.4 List the steps to choosing a college or trade school that aligns with individual objectives. 1980.20.4
- 5 1980.20.5 Outline methods for discovering and applying for scholarships. 1980.20.5
- 6 1980.20.6 List the essential skills required for professionals in the baking industry. 1980.20.6

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**21 1980.21 Identify professional organizations and explain their purposes and benefits to the industry. 1980.21**

- 1 1980.21.1 Research and compile a list of professional organizations relevant to the baking industry. 1980.21.1
- 2 1980.21.2 Explore the benefits offered by these organizations, such as networking opportunities, industry insights, and educational resources. 1980.21.2
- 3 1980.21.3 Assess the eligibility criteria and membership requirements for each professional organization and compare costs associated with membership. 1980.21.3