

BAKING

SKILL MANUAL

Class 7



CENTRAL BOARD OF SECONDRY EDUCATION
Committed to Equity and Excellence in Education

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Foreword

“Never chase an opportunity. Let it come to you by creating value and building rare skillsets.” It’s important to know that human skill development in any nation is the key to its economic growth. Skill development at an early age helps students choose from a wide range of career options by the onset of teenage. It fine tunes students' minds to become more independent, culturally aware and self-assured, and contributes to the growth of the child as well as the society and nation as a whole. The National Education Policy 2020 has clearly stated that there should be “no hard separation” between curricular, co-curricular and extra-curricular or academic and vocational(skill)/physical education/art, etc.

To keep pace with the objective of “no hard separation”, CBSE has decided to offer students the flexibility of making a vocational choice of a short duration module on Baking (12 hours), at a stage in their early dynamic career (Class VI, VII, VIII). In this way they will be able to spend relevant time in pursuing their interest. This would give them the necessary orientation early on, so that they are able to make a choice at a later stage to pursue skill courses at secondary and senior secondary level or to choose a higher vocational degree.

Baking is a skill which enables learners to use the correct equipment and tools. It ensures that one gets the right taste for the baked products and instils a good aesthetic sense to present the products creatively. This skill will ensure the learners to plan a start-up and become a successful entrepreneur.

With this mindset, this manual has been worked upon after a lot of research and practice. Such skill sets at an early age develop confidence in the students and train them before they graduate out of school. It’s overwhelming to see that the stakeholders from schools are carrying out their responsibility of educating young minds with commitment. Such written documents are a testimony to this dedication and devotion towards nurturing young minds with the right skill sets.

Blue Bells Model School, Gurugram is consistently expanding its horizon of imparting value based education. Equivalently, Princess Diya Kumari foundation is instrumental in bringing about an awareness for such projects and enabling the smooth functioning of such valuable resources.

I extend my heartiest congratulations to the Deputy Director-Mrs. Soumya Gulati and Princess Diya Kumari foundation for being a source of inspiration in creation of this Manual and working tirelessly with a holistic vision for the future. The success of this project lies in the implementation of the same, and I am optimistic that no stone will be left unturned in its execution.

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CHAPTER 1: BAKER AND IMPORTANCE OF BAKING

LEARNING OBJECTIVES: The student will be able to:

- differentiate between a baker and a chef
- understand the importance of baking.

LEARNING OUTCOMES

Location	Learning outcomes	Knowledge evaluation	Performance evaluation	Teaching and training method
Classroom	Understand the term baker	Define the term- baker	Differentiate between a baker and chef	Activity: Identify the specific role of two shown professionals from the food industry to check students prior understanding and enhance it further.
Classroom/Home Science Lab	Understand the importance of baking	List the important role of baking.	Solve the crossword based on the importance of baking	Activity: Create a graphic organizer highlighting the importance of baking

1.1 INTRODUCTION TO BAKER

DEFINITION OF BAKER AND CHEF

Baker- A baker is a person who bakes muffins, cakes, breads, pastries etc.

Chef- A chef is a trained professional cook who is efficient to prepare any kind of food. The word chef is derived from the term 'chef de cuisine' which means the head of a kitchen.

IDENTIFY AND SORT

Teaching Resource: Handout 1

Handout 1 includes pictures of various professionals from the food industry. Facilitator can use Handout 1 in 2 ways by taking photocopies.

Method 1- Facilitator can cut the picture along rectangular boundaries and prepare flash cards.

- Students will then be shown the flash cards one by one.
- Students will identify the profession and classify them as Baker/Chef.
- The facilitator can make 2 columns on the display board and paste the pictures in the column as per the student's response.
- At the end of the activity, the facilitator will review the responses and do the needful corrections with explanations.

Method 2

- Copies of the Handout can be given to each student.
- Students will cut the pictures.
- Students will be given **Task Sheet 1**.
- Based on their understanding the students will identify the pictures in the column with the right name.
- The students will then tick the profession as a baker or a chef.
- Task Sheet can also be used as a checklist for understanding of the concept – Introduction to Baker.

HANDOUT 1



Picture-1



Picture-2



Picture-3



Picture-4



Picture-5



Picture-6



Picture-7



Picture-8



Picture- 9



Picture- 10



Picture- 11

TASK SHEET 1

Identify the profession as baker and chef and paste the pictures in the correct column

S.No.	Baker	Chef
1		
2		
3		
4		
5		

6		
7		
8		
9		
10		

1.2 IMPORTANCE OF BAKING

The important aspects of baking are:

- i) **Nutrition-** Baking is a fundamental skill and is important as far as nutrition is concerned. Baked goods especially breads, are a common and important food both from a cultural and economic point of view.



- ii) **Creativity-** From very simple to elaborate shapes to different patterns, baking helps an individual to think differently enhancing their work in a different way.



- i) **Makes people happy-** One of the best things about baking (making cakes, muffins, bread etc.) is that you can give away your self-created baked products to people around which makes people happy and in turn makes you happy too.



II) **Stimulates the senses**- The feel of the any flour, the sound of the beater, the aroma of the baked product all these will stimulate the senses which in turn increases feel good endorphin (a hormone released during activities that one likes to do) .



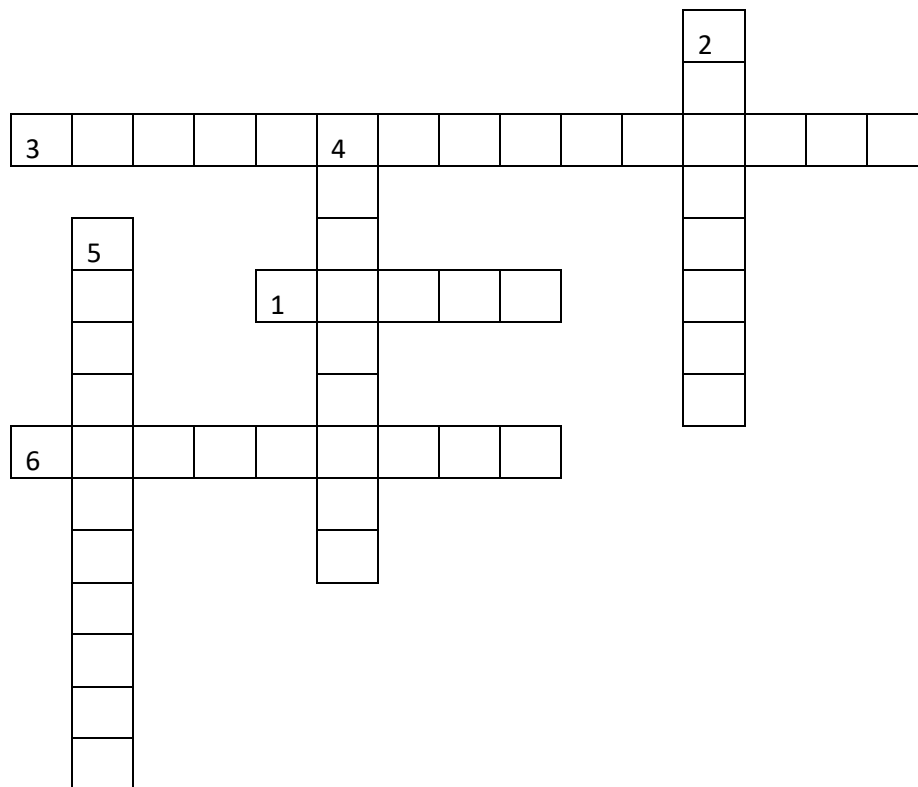
- I) **Nourishment** - Baking is ultimately about nourishing ourselves and othersto understand this benefit, one should make an effort to incorporate healthy ingredients to one's baked products. For e.g., use of buckwheat, almond flour, coconut flour etc. can be used instead of refined flour as these options are healthier options.



CROSSWORD ON THE IMPORATNCE OF BAKING

- After the content, the facilitator will ask the students to solve the given crossword and find out the importance of baking.
- The facilitator will give the inputs once the crossword is solved by the students.
- The students will create a graphic organizer stating the importance of baking.

LET'S PLAY



Across

3. HELP TO RAISE THE CAKE
5. THE BROWN COLOUR OF CAKE IS DUE TO THIS INGREDIENT
6. GIFTING OF BAKED PRODUCTS

Down

- 1.SMELL OF FOOD
- 2.SOMETHING DECORATIVE
- 4.WHOLESOME FOOD

INTENT QUESTIONS

Q1 Elaborate the term Baking.

Q2 What is baking and why is it important?

Q3 Baking is important because:

- i) it provides us nutrition.
- ii) it makes people happy.
- iii) stimulates senses.
- iv) all the above

Q4 What can be used as a substitute to all-purpose flour while baking cakes.

Q5 Explain the term chef.

ANSWER KEY

1 A baker is a person who bakes breads, cakes, pastries etc.

2 Baking is a method of preparing food in dry heat. It is important because of the following reasons:

- i) It provides nutrition
- ii) It enhances creativity
- iii) It makes people become happy
- iv) Baking stimulates senses

3 iv) All the above

4 Buckwheat Flour, Rye Flour etc.

5 A chef is a trained professional cook who is efficient at preparing any food. The word chef is derived from the term chef de cuisine which means the head of a kitchen.

Cross Word

- | | | |
|--------------|-----------------|---------------------|
| 1. Aroma | 2. Creative | 3. Leavening agents |
| 4. Nutrients | 5. Cocoa Powder | 6. Happiness- |

CHAPTER 2: DIFFERENT METHODS OF CAKE BAKING

LEARNING OBJECTIVE: The student will be able to understand different methods of baking a cake.

LEARNING OUTCOMES:

Location	Learning outcomes	Knowledgeevaluation	Performance evaluation	Teaching and training method
Classroom/Home Science Lab	Acquire the skill of different methods used for baking	Name the different methods Write the steps of different methods of baking Prepare cake followingeach method of bakingAnalyze the outcome	Differentiate and conclude based on the final outcome that which method will lead to fine texture, fluffiness, granule, taste difference of the cake Record your observations Analyze, discuss and conclude about the differences in methods of baking	Through hands on experience students will learn the different ways of baking a cake

As we have already learnt about baking and its importance. Let's learn more about different methods of baking a cake. There are six different methods as mentioned below:

2.1 METHODS OF BAKING

- 1. Whisking method of making a cake-** In this method we require wet mixture to be whisked thoroughly and gently. Wet mixture can be prepared by the use of eggs and sugar. After that one needs to add the dry ingredients to the wet mixture, and stir and fold it gently. Add vanilla essence or any other essence as per the taste to the wet mixture to avoid the smell of egg. After that one should add dry ingredients and mix them well. Ensure that you mix all the ingredients properly so that no lumps are formed in the cake. batter. This method is commonly used for making Swiss rolls and sponge cake.



- 2. Creaming Method** -Take all the ingredients at the room temperature to get the best baking result.



For example- If you plan to use a frozen chocolate ensure that you take it out from the refrigerator so that it come down to the normal temperature.

In this method we start by mixing the butter and sugar and then add eggs one by one and mix all the ingredients gently. After this we add the dry ingredients to the batter and stir well so that no lumps are formed.

- 3. Melting method-** This is a quick and a simple method of baking. These cakes are generally moist and dense than cakes made by other methods. The most common cakes made by

this method is the fruit cake. Self- raising agents such as baking powder should be added in this method as no whisking is done. Make sure you do not over-mix the ingredients otherwise the batter will become hard. This method is commonly used for making biscuits.



4. Blending method in baking- This is one of the most commonly used method for baking. The cakes are made using oil rather than butter as it is easier to mix oil with the ingredients than the butter



5. Rubbing in method – This method suggests that rubbing of butter and flour should be together. Rubbing is another method used in baking cakes. In this method we first cut butter into small pieces and then we rub the butter pieces into the flour and add the other ingredients along with the liquid (milk) as required to make the dough.



6.The All - in- one method - In this method of baking cakes all the ingredients are mixed together alongwith the raising agent. One can make different flavors of cakes using essence using all in one method like all-in-one vanilla cake or all in one chocolate cake.



So, there are different methods of baking. Each of these methods gives you cakes of different texture and taste.

- a. Different flavors such as vanilla, chocolate, pineapple, raspberry etc. can be used.
- b. All the ingredients should be taken at the room temperature.

- c. Before baking all the ingredients should be taken out from the fridge to get the right batter.
- d. Preheating of the oven is important before keeping the dish/ mould.
- e. Make sure that the batter in the cake mould is only half and not filled till the rim.
- f. Always stir or tap the cake mould before putting it in the oven to ensure that the batter is not having any air bubbles.

2.2 STAGES IN THE BAKING PROCESS:

There are 3 main stages in the baking process

- I) Expansion of the dough
- II) Drying of the surface
- III) Crust browning

Expansion of the dough- The gas produced at this stage of dough mixing when the leavening/ rising agent reacts with water.



Drying of the surface- Drying is a very important process in baking. Drying is defined as the application of heat under controlled temperature to ensure removal of water present in foods by evaporation to yield solid products.



Browning of Cake: The formation of colour in bakery products during the process of baking is widely known as browning.



INTENT QUESTIONS

Q1 Name the five different methods of baking a cake.

Q2 What are the 3 stages in baking process.

Q3 Which method of baking requires wet mixture to be whisked thoroughly.

- a) Creaming method
- b) Melting method
- c) Whisking method
- d) All in one method

Q4 _____ leads to the formation of colour in bakery products.

Q5 _____ is defined as the application of heat under controlled temperature.

Q6 Which ingredients leads to expansion of the dough?

- a) Leavening agents
- b) Eggs
- c) Sugars
- d) Fats

Q7 Why should all the ingredients be taken at the room temperature?

- a) To have a smooth and uniform mixture
- b) To have lumps in the mixture
- c) To have hard mixture
- d) To have moist mixture

Q8 Which method of baking a cake is most used?

- a) Creaming method
- b) All in one method
- c) Melting method
- d) Blending method

Q9 What is the role of essence in any cake?

Q10 Why is it important that the batter of the cake is not to be filled till the rim?

ANSWER KEY

1.

- i) Melting method
- ii) Whisking method
- iii) Creaming method
- iv) Blending method
- v) Rubbing method
- vi) The all-in-one method

2

- i) Expansion of dough
- ii) drying of the surface
- iii) browning

3. Whisking method

4. Browning

5. Drying

6. Leavening agents

7. To have smooth and uniform mixture

8. Whisking method

9. The role of essence in any cake is to add flavour.

10. During the process of baking the batter comes out of the mould which is why it should never be filled till the rim.

CHAPTER 3: NUTRIENTS PRESENT IN THE CAKE

LEARNING OBJECTIVES: The students will be able to understand the importance of nutrients.

LEARNING OUTCOMES:

Location	Learning outcomes	Knowledge evaluation	Performance evaluation	Teaching and training method
Home science lab	Identify different nutrients present in the specific flavors of the cake	List the different nutrients in the baked cake	Understand and describe the functions of each nutrient present in the cakes	Activity: Research based. Students will be asked to do research to find out the different nutrients present in the cake.

- Prior to the content, the facilitator will ask the students to research on the nutrients present in the cake
- Class will be divided in groups.
- Each group will be asked to research on the nutrients present in the cake
- The groups will then present their findings in front of the entire class.

Nutrients present in a cake

The cake is primarily made of plain flour and lots of sugar which are simple carbohydrates. A lot of other ingredients that go in the process of making a cake contains a lot of protein and calcium which comes from the eggs and milk. The function of each nutrient is mentioned below:

- Carbohydrates for energy:** The flour and the sugar present in the cakes are rich source carbohydrates. Carbohydrates are called as energy giving foods that keep us active and alert for a longer period.
- Fats for energy:** Cake is an excellent source of fats and oils. These fats from the cakes provide energy and retain the body heat during winters.
- Proteins for body building:** Cakes also contain protein nutrients from the eggs that are used as a binder for all the ingredients. Cakes typically also contain milk, which also has proteins which is essential for strong bones and muscles. Milk also contains the much-needed minerals like calcium, and helps us to have strong bones and teeth.

FLOW OF BAKED GOODS

Raw material- flour, baking agents, sugar, fat



Mixing

Dough



Fermentation



Baking



Breads



Slicing/ packaging



Finished products

INTENT QUESTIONS

Q1 Which nutrient is responsible for body building?

- a) Carbohydrates
- b) Fats
- c) Vitamins
- d) Proteins

Q2 Why is fat important for our body?

Q3 Explain why carbohydrates are called as energy giving food.

Q4 Give 2 examples of ingredients rich in proteins which are used in cake.

Q5 Ingredients like Refined flour, all-purpose flour is a rich source of?

ANSWER KEY

1 Protein

2 Fat is responsible for providing energy to our body.

3 Carbohydrates are energy giving foods that keep us alert for a longer period of time.

4 Milk and Eggs

5 Carbohydrates

CHAPTER 4: RECIPES

LEARNING OBJECTIVES: The students will be able to understand the importance of using right ingredients for baking a specific cake.

LEARNING OUTCOMES:

Location	Learning outcomes	Knowledge evaluation	Performance evaluation	Teaching and training method
Home science lab	Understand the recipe to make different flavours of cake	Follow the steps given in the process of making Cakes Measure the amount of each ingredient used in making a specific flavour of cake	Make cakes as per the given recipe	Practical in lab

Let's get started to have hands on baking different types of cakes using different ingredients to ensure that we have different outcomes. After baking a cake, we will also focus on designing, presentation and salability of different flavored cakes.

4.1 SPONGE CAKE

Ingredients	Amount
All-purpose flour	230 gm
Eggs	2
Castor sugar	200 gm
Milk	130 ml
Baking powder	2 tsp
Vanilla essence	2 tsp
Icing sugar	2 tbsp

Method:

- 1 Prepare all the ingredients and pre-heat the oven to 180c.
- 2 Take a cake mould and grease (apply oil/ butter) and dust with Maida.
- 3 Melt the butter either on a flame or in microwave.
- 4 Whisk the butter and sugar together well in a bowl until you achieve a uniform mix. The more you mix the lighter and fluffier cake you will achieve.
- 5 Add vanilla essence and the eggs mix them well.
- 6 Add baking powder to the flour and mix well. Then sift this flour mix into the bowl of batter and give it a good mix.
- 7 Add the cake batter to the cake mould and ensure it is evenly spread.
- 8 Place the tin inside the oven in the middle rack for about 30 minutes or until brown
- 9 Cool the cake outside the oven.



Key Ingredients: Eggs, Flour, Castor sugar, Vanilla essence, baking powder

4.2 CHOCOLATE CAKE

Ingredients	Amount
Plain Flour	225 gm
Castor Sugar	350 gm
Cocoa Powder	85 gm
Baking Powder	2 tsp
Eggs	2
Milk	250 gm
Vegetable Oil	125 ml
Vanilla Essence	2 tsp
Boiling Water	250ml

For the chocolate Icing

Plain chocolate –
200gms Double cream-
200 ml

METHOD:

- 1 Preheat the oven to 180 c.
- 2 For the cake, place all of the required ingredients, except the boiling water, into a large mixing bowl. Using a beater, beat the mixture until smooth and combines well ensuring that no lumps are formed.
- 3 Add the boiling water to the mixture, a little at a time, until smooth.
- 4 Transfer the cake batter into the cake mould and bake it in the oven for 20-25 minutes, or until the top of the cake is firm to the touch.
- 5 Remove the cake from the oven allow it to cool completely.
- 6 For the chocolate icing, heat the chocolate and cream in a saucepan over a low heat until the chocolate melts. Remove the pan from the heat and whisk the mixture until smooth, glossy and thickened. Set aside to cool for 1-2 hours, or until thick enough to spread over the cake.
- 7 Carefully remove the cake from the mould by first moving the knife on all sides of the mould.
- 8 Spread a little chocolate icing over the top of one of the chocolate cakes, then carefully top with the other cake.



Key Ingredients: Plain flour, cocoa powder, castor sugar, baking powder, eggs, milk, vegetable oil, vanilla essence

4.3 FRUIT CAKE

Ingredients	Amount
All-purpose flour	300gm
Baking powder	2 tsp
Salt	½ tsp
Butter	200 gm
Sugar	300 gm
Vanilla extract	2 tsp
Eggs	3
Milk	200 gm
Oil	100 gm

For frosting

Butter	200 gm
Icing sugar	160 gm
Vanilla extract	2 tsp
Heavy cream	200 gm

Method:

- 1 Sieve the all-purpose flour and baking powder together by passing the mixture through a sieve.
- 2 Take butter and sugar in a separate bowl and beat until mixed properly.
- 4 Add eggs one by one and give it a good mix until the batter is uniformly beaten.
- 5 Add oil and vanilla extract to the mixture and give it a nice mix.
- 6 Add the sieved mixture to the bowl and blend until it is uniformly blended. Ensure that there are no lumps formed.
- 7 Pour the ready mixture to cake mould and keep it in oven for 30 minutes at 350° F.

For frosting

- 1 Take butter and icing sugar and beat well until a smooth mixture is achieved.
- 2 Take heavy cream in a separate bowl and whip to stiff peaks.
- 2 Fold into the cream cheese mixture. Spread a layer of whipped cream on the cake evenly.
- 4 Decorate with fresh fruit and sprinkles.
- 5 Refrigerate for 20 minutes.



Key Ingredients: all-purpose flour, baking powder, butter, vanilla extract, eggs
Icing: butter, Icing sugar, heavy cream, fresh fruits, sprinkles (optional)

PROJECT

Students will do research on the recipes of cake apart from the ones mentioned in the handbook.

Design a plan to sell assorted cakes.

GLOSSARY











- **Browning-** The formation of brown colour in the baked products.
- **Drying-** The application of heat under controlled temperature.
- **Whisking-** To mix the wet ingredients thoroughly.
- **Baker-** A person who bakes breads, cakes, pastries etc.
- **Stimulates-** Encourages or arouse interest.
- **Nourishing-** Substances necessary for growth, health, and good condition.
- **Nutrients-** Substances that provides nourishment essential for the maintenance of life and growth.
- **Expansion-** the action of becoming larger.
- **Icing-** A mixture of sugar with water, egg white or butter used as a coating for cakes/ biscuits.
- **Fermentation-** The breakdown of a substance by bacteria, yeast typically involving expansion.
- **Castor sugar-** Finely granulated white or pale golden sugar.












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