

INSTITUTE OF HOSPITALITY AND TOURISM MANAGEMENT

First Semester A.Y. 2023-2024

Outcome-Based Teaching and Learning Plan and Module Guide for (Bread and Pastry-Baking)



<u>VISION:</u> Mabalacat City College envisions itself to be the top choice in the community it serves for quality education and training by 2025.

MISSION: The Mission of Mabalacat City College is to meet the needs of its community as a center for learning aiming for open admission policy.

COURSE DESCRIPTION:

This course aims to provide the students with practical and theoretical knowledge about basic baking and cake designing. It also develops the knowledge, skills and attitude to perform the task on bread and pastry production.

PROGRAM INTENDED LEARNING OUTCOMES (PILO) (BASED ON CMO):

- 1. Produce food products and services complying with enterprise standards
- 2. Apply management skills in F & B service and operations.
- 3. Perform and provide full quest cycle services for front office
- 4. Perform and maintain various housekeeping services for guest and facility operations
- 5. Plan and implement a risk management program to provide a safe and secure workplace
- 6. Provide food & beverage service and manage the operation
- 7. Demonstrate knowledge of tourism industry, local tourism products and services
- 8. Interpret and apply relevant laws related to tourism industry
- 9. Observe and perform risk mitigation activities
- 10. Utilize information technology applications for tourism and hospitality
- 11. Manage and market a service-oriented business organization
- 12. Demonstrate administrative and managerial skills in a service oriented business organization
- 13. Prepare and monitor industry specific financial transactions and reports
- 14. Perform human capital development functions of a tourism-oriented organization
- 15. Utilize various communication channels proficiently in dealing with guests and colleagues













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PRE-REQUISITE: HPC-FOODPREP

NUMBER OF UNITS: 1 Unit Lecture/ 2 Units Laboratory

LEARNING OUTCOMES:

- 1. Identified and applied fundamentals of baking in the preparation and production of baked food products.
- 2. Identified the use and demonstrated and understanding of the tools and ingredients in the bakery and pastry kitchen.
- 3. Demonstrated an in-depth understanding of the preparation of baked items and commodities, and importance of food science in baked goods preparation.
- 4. Developed necessary skills to prepare and evaluate a variety of high-quality yeast products, quick breads, pastries, sauces and garnishes that meet industry standards.
- 5. Practiced standards in behavior, grooming and dress that reflect the mature work attitude expected of industry professionals.

COURSE OUTLINE

Wee	k Topic	Learning Materials (with references following OER plagiarism and IPR policies)	Intended Learning Outcomes (ILO)	Assessment Tasks (Requirements with schedule or time allotment)	Sustainabl e Developm ent Goals (SDG) Coherence
		GLOBAL KNOWLEDGE			
3-4	Basic Principle of Baking Organizational Skill Needed for Baking	Sokol, G. (2008). About Professional Baking. Thomson Learning: Singapore. Magnier-Moreno, M. (2009). Baking One Step at a Time. Octopus Publishing Group Ltd.: Singapore.	Explain how baking started, the people involved, the		SDG No. 3 Good Health and Well Being













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• Ingredient	Gisslen, W. (2010). Professional Cooking (7th ed.). New York: John Wiley &	first improvised	SDG No. 4
Measurem	Sons, Inc.	oven invented.	Quality
ent		and the first	Education
 Baker's 		ingredients	SDG No. 6
Percentage	Video Presentation link	used and	Clean and
S	https://www.youtube.com/watch?v=62MOCMyPce0&list=PL1dleLLvCiHOrrj2lDtC	Awareness of	Sanitation
 Baking 	<u>DiU8oX-ySckf8</u>	the traits and	
Tools and		attitudes of a	
Equipment	Reading Material about Food Science:	baker or pastry	
 Baking 	https://www.realsimple.com/food-recipes/cooking-tips-	chef.	
Mise en	techniques/baking/baking-substitutions-chart	Explain the	
Place		proper use of	SDG No. 7
 Storing 		equipment,	Affordable
Baked		how to take	and Clean
Goods			Energy
		care and	
		proper	
Baking and Pastry		handling.	
Ingredients		 Discuss how to 	SDG No. 8
• Flours, Meals		convert	Decent
and Starches		temperatures.	Work and
• Fats		 Describe each 	Economic
• Sugars		of the major	Growth
• Liquids		ingredients	
• Eggs		used in the	
• Leavening		bakeshop and	
Agents		their functions	
• Salt,			
Flavorings			













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	and Spices		•	and characteristics. Describe how ingredients work together within recipes to produce a specific finished product.		
5	 The Science of Mixing Four Mixing Factors that Affect Baked Goods Gluten and Its Importance Fats and Their Role in Mixing The Correct Tools for Mixing Most Common Mixing Terms Properly Folding In Ingredients 	The Culinary Institute of America (2009). Mastering the Art and Craft Baking & Pastry (2 nd ed). John Wiley & Sons, Hoboken New Jersey Ford, J. et al. (2010). Professional Chef. Australia: Cengage Learning Australia Pty Limited. Gisslen, W. (2010). Professional Cooking (7 th ed.). New York: John Wiley & Sons, Inc. Video Presentation link https://www.youtube.com/watch?v=L_nkkELA-Vo Reading Material about Food Science: https://www.bakeonkit.com/post/the-science-of-baking?gclid=EAIalQobChMI37TWzqDtgAMV15JmAh1-SA_MEAAYASAAEgKE6_D_BwE	•	Understand the four mixing factors that affect baked goods. Understand the three main reasons for mixing baked goods. Explain what gluten is. Explain how mixing affects gluten development. Explain how fats play a role in mxing.	Worksheet 1-2: Quiz 30 Minutes (Multiple Choices) Module 3 Assessment: Activity 10 minutes (Multiple Choice) Recitation (During Class Discussion)	SDG No. 12 Responsible Consumptio n and Production SDG No. 13 Climate Action SDG No. 14 Life Below Water SDG No. 15 Life on Land













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		•	List the correct tools for mixing.	Date: October 2-7, 2023	
 Cookies Piped/bagged Rolled Icebox Sheet Dropped Molded Bar Stencils 	Sokol, G. (2008). About Professional Baking. Thomson Learning: Singapore. Donovan, J. (2008). The Big Book of Chocolate. Duncan Baird Publishers: London. Eric Lanlard & Patrick Cox (2011). COX Cookies & Cakes: Octopus Publishing Group Ltd. Video Presentation link https://www.youtube.com/watch?v=CDBd-OaLPQQ Reading Material about Food Science: https://www.foodnetwork.com/recipes/photos/cookie-recipes	•	Identify basic cookie typespiped, bar, molded, icebox, dropped, etc. Recognize the characteristics of different cookies caused by formulation. Understand the causes of crispness, moistness, chewiness, and spread in cookies.	Worksheet 4 Quiz 60 Minutes (Case Study) Module 4 Assessment: Activity 10 minutes (Multiple Choice) Recitation (During Class Discussion)	SDG No. 1 No Poverty SDG No. 2 Zero Hunger SDG No. 3 Good Health and Well Being
Pies & Tarts • Fruit Pies • Cream Pies • Chiffon Pies		•	Identify the similarity and difference between pies and tarts. Identify a variety of pie/tart	Date: October 9- 14, 2023	SDG No. 5 Gender Equality













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	 Fruit Tarts Nut Tarts Custard Tarts 		dough and pies and tarts. Discuss application of mixes and value- added products.		SDG No. 6 Clean and Sanitation SDG No. 7 Affordable and Clean Energy SDG No. 8 Decent Work and Economic Growth
		NATIONAL KNOWLEDGE			
7	Cakes & Frostings High Fat Cakes Butter Cakes Pound Cakes Low Fat Cakes Sponge Cakes Angel Food Cake Chiffon Cake Icings and Frostings	Hamlyn (2011). 200 Mini Cakes & Bakes: Octopus Publishing Group Ltd. Ruth Estrada Javier, et al. (2014). Baking & Pastry Arts. Mindshapers Co., Inc. Sokol, G. (2008). About Professional Baking. Thomson Learning: Singapore. Video Presentation link https://www.youtube.com/watch?v=eKhxG1iNBQk https://www.youtube.com/watch?v=Qjl_U09CAhg	 Explain variety of high ratio, cream and pound or butter cakes. Explain a variety scratch and value-added icings, frostings, syrups and glazes. 	Worksheet 5: Quiz 20 Minutes (Case Study) Module 5 Assessment: Activity10 minutes (Multiple Choice) Recitation	SDG No. 1 No Poverty SDG No. 2 Zero Hunger SDG No. 3 Good Health and Well Being SDG No. 4 Quality Education SDG No. 6 Clean and Sanitation













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				(During Class	SDG No. 8
				Discussion)	Decent
		Reading Material about Food Science:		,	Work and
		https://www.bettycrocker.com/recipes/vanilla-buttercream-			Economic
		frosting/39107a19-be94-4571-9031-f1fc5bd1d606		Date: October 16-	Growth
		1105th 19/35 107 a 15 Sept 107 1 505 1 11105 Ba 1 a 000		21, 2023	SDG No. 9
				21, 2023	Industry,
					Innovation
					and
					Infrastructu
					re
					SDG No. 10
					Reduced
					Inequality
		MIDTERM EXAM			
	Desserts Hot, Cold,				SDG No. 1
11	& Frozen	Wemischner, R. (2010). The Dessert Architect. Delmar: New York.	Explain	Worksheet 6:	No Poverty
			components to	Quiz	SDG No. 2
	 Hot Desserts 	Dwayne Ridgaway (2010). The Gourmet's Guide to Cooking with Chocolate:	be used,	20 Minutes	Zero
	 Baked 	Quarry Books, Quayside Publishing Group, Massachusetts	varieties, and	(Multiple Choices	Hunger
	Creams –		guidelines for	and Essay)	SDG No. 3
	Hot	The Culinary Institute of America (2009). Mastering the Art and Craft Baking	presenting it.	41.4 255477	Good
	 Meringues 	& Pastry (2 nd ed). John Wiley & Sons, Hoboken New Jersey	presenting it.	Module 6	Health and
	 Puddings 	ar astry (2 carrsoniii rincy a sonis, mossitem retrisery	Discussing a	Assessment:	Well Being
	 Souffles 			Assessment. Activity	SDG No. 4
			variety of	•	Quality
		Video Presentation link	techniques	10 minutes	Education
		video i resentation illik	used to	(Multiple Choice)	













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		https://www.youtube.com/watch?v= Zyyrvty95Y https://www.youtube.com/watch?v=dJjVMKe81CA Reading Material about Food Science: https://www.yummly.com/recipes/hot-cold-desserts	produce hot desserts, sauces and garnishes.	Laboratory Task (Temperature Check and Storage) Recitation (During Class Discussion)	SDG No. 6 Clean and Sanitation SDG No. 7 Affordable and Clean Energy SDG No. 8 Decent Work and Economic Growth
				11-25, 2023	
12	 Cold & Frozen Dessert Baked Creams Cold Bavarois, Charlottes Mousse, and Conde Flan, Fool, 	Wemischner, R. (2010). The Dessert Architect. Delmar: New York. Dwayne Ridgaway (2010). The Gourmet's Guide to Cooking with Chocolate: Quarry Books, Quayside Publishing Group, Massachusetts The Culinary Institute of America (2009). Mastering the Art and Craft Baking & Pastry (2 nd ed). John Wiley & Sons, Hoboken New Jersey	 Explain classifications and production methods for a variety of cold desserts Discuss application and quality of mixes and 	Module 7 Assessment: Activity 10 minutes (Multiple Choice) Recitation (During Class Discussion)	SDG No. 1 No Poverty SDG No. 2 Zero Hunger SDG No. 3 Good Health and Well Being SDG No. 4
	Meringues and Terrines	Video Presentation link https://www.youtube.com/watch?v== zyyrvty95Y	value-added products.	Date: November 27 – December 2, 2023	Quality Education SDG No. 6 Clean and Sanitation













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		https://www.youtube.com/watch?v=dJjVMKe81CA Reading Material about Food Science: https://www.yummly.com/recipes/hot-cold-desserts	•	Identify classifications and production methods for a variety of frozen desserts Discuss application and quality of mixes		SDG No. 13 Climate Action SDG No. 14 Life Below Water SDG No. 15 Life on Land
13	 Pastries Short Pastry Choux Pastry Puff Pastry Strudel Dough Other Pastries Hot Water Pastry Suet Pastry 	Hamlyn (2011). 200 Mini Cakes & Bakes: Octopus Publishing Group Ltd. Ruth Estrada Javier, et al. (2014). Baking & Pastry Arts. Mindshapers Co., Inc Ciril Hitz (2009). Baking Artisan Pastries & Breads: Quarry Books, Quayside Publishing Group, Massachusetts Video Presentation link https://www.youtube.com/watch?v=wLtVgLt7dBA https://www.youtube.com/watch?v=3 Pp9fwLkBY Reading Material about Food Science: https://www.cordonbleu.edu/malaysia/top-10-french-pastries-you-should-know/en	•	Identify a variety of pastries to include short dough, meringues, pate choux, and laminated dough. Demonstrate the make up methods and uses for the above dough. Describe and produce a variety of	Worksheet 7: Quiz 30 Minutes (Multiple Choices) Module 8 Assessment: Activity MS Teams 10 minutes (Multiple Choice) Recitation (During Class Discussion)	SDG No. 1 No Poverty SDG No. 2 Zero Hunger SDG No. 3 Good Health and Well Being SDG No. 4 Quality Education SDG No. 6 Clean and Sanitation SDG No. 13 Climate Action













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			•	fillings and toppings. Discuss application of value-added products.		SDG No. 14 Life Below Water SDG No. 15 Life on Land
		LOCAL KNOWLEDGE				
14	Quick Breads Biscuits Muffins Doughnuts Fritters/Beignet Crepes, Pancakes and Waffles	Sokol, G. (2008). About Professional Baking. Thomson Learning: Singapore. Donovan, J. (2008). The Big Book of Chocolate. Duncan Baird Publishers:	•	Explain the variety of quick bread types and discuss application of pre-mixes and valued-added products Discussing the composition of quick and yeast breads, Methods, and stages for making yeast breads.	Worksheet 8: Quiz 30 Minutes (Multiple Choices) Module 9 Assessment: Activity MS Teams 10 minutes (Multiple Choice) Recitation (During Class Discussion)	SDG No. 1 No Poverty SDG No. 2 Zero Hunger SDG No. 3 Good Health and Well Being SDG No. 6 Clean and Sanitation SDG No. 7 Affordable and Clean Energy SDG No. 8 Decent Work and Economic Growth













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				Date: December 11-16, 2023	SDG No. 9 Industry, Innovation and Infrastructu re
15	 Lean Doughs Hard Crusted Breads White and Whole Wheat Breads and Rolls Breads Made with Grain Rich Doughs Nonsweet Breads and Rolls 	Magnier-Moreno, M. (2009). Baking One Step at a Time. Octopus Publishing Group Ltd.: Singapore. Ciril Hitz (2009). Baking Artisan Pastries & Breads: Quarry Books, Quayside Publishing Group, Massachusetts The Culinary Institute of America (2009). Mastering the Art and Craft Baking & Pastry (2 nd ed). John Wiley & Sons, Hoboken New Jersey Video Presentation link https://www.youtube.com/watch?v=bS8TpHCK2cU Reading Material about Food Science: https://www.tasteofhome.com/article/types-of-yeast-breads/	 Explain the variety of quick bread types and discuss application of pre-mixes and valued-added products Discussing the composition of quick and yeast breads, Methods, and stages for making yeast breads. 	Module 10 Assessment: Activity MS Teams 10 minutes (Multiple Choice) Recitation (During Class Discussion) Date: December 18-19, 2023	SDG No. 1 No Poverty SDG No. 2 Zero Hunger SDG No. 3 Good Health and Well Being SDG No. 6 Clean and Sanitation SDG No. 7 Affordable and Clean Energy SDG No. 8 Decent Work and













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	 Rolled-In Yeast Dough Nonsweet Rolled-In Dough: Croissants Sweet Rolled-In Doughs: Danish 				Economic Growth SDG No. 12 Responsible Consumptio n and Production
	Pastry				
16	NCII Assessment for BAKING	Sokol, G. (2008). About Professional Baking. Thomson Learning: Singapore. Magnier-Moreno, M. (2009). Baking One Step at a Time. Octopus Publishing Group Ltd.: Singapore. Ciril Hitz (2009). Baking Artisan Pastries & Breads: Quarry Books, Quayside Publishing Group, Massachusetts Video Presentation link https://www.youtube.com/watch?v=8izxFQpel1A	• Identify the different characterist ics in preparing cream puff, dinner roll, chiffon cake, Swiss butter	Module 11 Assessment: Activity Recitation (During Class Discussion) Date:	SDG No. 11 Sustainable Cities and Communitie S SDG No. 12 Responsible Consumptio n and Production SDG No. 13 Climate
	Swiss		cream, and	January 3-6, 2024	Action
	Butter	https://www.youtube.com/watch?v=pdWi_SmADL4	Lemon		SDG No. 14
	Cream	Reading Material about Food Science:	Meringue Tart		Life Below
		https://tesdatrainingcourses.com/bread-and-pastry-production-nc-ii.html	Tatt		Water













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 Lemon 			SDG No. 15			
Meringue			Life on Land			
Tart			SDG No. 16			
			Peace and			
			Justice			
			Strong			
			Institute			
			SDG No. 17			
			Partnership			
			to Achieve			
			the Goal			
FINAL EXAM/ FINAL REQUIRMENTS/ OUTPUT BAKING NCII ASSESSMENT						

SUMMARY OF REVISIONS:

Revision	Date	Updated by	Short Description of Changes
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1.0

August, 2023 (Sample)

Harold Van A. Aquino

Inclusion of Sustainable Development Goals Statement (August 2023)
Addition of Intended learning outcomes (August 2023)
Include Final Requirement which is Baking NCII
Updated to weeks 3-8 and weeks 11-16

GENERAL GUIDELINES AND POLICIES:

As the College currently follows Hybrid Delivery of Learning on its instruction, the following general guidelines and policies are set by the School to be followed by the faculty-in-charge and the students of the course.

Attendance

Checking of attendance during face-to-face classes is a requirement and will be strictly observed.

Academic Integrity

Observance of the outmost academic integrity shall be observed by the students of the course. Plagiarism, cheating, and other forms of academic dishonesty shall not be tolerated by the faculty-in-charge nor the Institute.

Accomplishment of Requirements

All requirements given by the instructor/faculty-in-charge of the course to the students shall be called/referred to/addressed as "work output". Each work output must be accomplished by the students until the schedule set by the instructor/faculty-in-charge. Final student's output must also be accomplished by the schedule set by the instructor of the course.

Line of Communication













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The course's official line of communication shall be through the following:

The outmost respect and courtesy must be observed by students in communicating to their instructor/faculty-in-charge of the course and to their classmates and vice versa. Any form of disrespectful and discourteous way of communication shall not be tolerated by the School.

Instructional Materials (IMs)

Working students may avail of the modular type of teaching. MS Teams on-line platform may be utilized by the instructor/faculty-in-charge of the course to the students – adapting the flexible learning scheme.

Grading System:

Midterm (50%)

Formative & Summative Assessments (Theories and Applications/Worksheets/ Quizzes, Assignments, Recitation, Attendance)	60%	
Major Examination	<u>40</u>	<u>)%</u>
Midterm Grade	10	00%

Final (50%)

30 70)		
Formative & Summative Assessments (Theories and Applications/Worksheets/ Quizzes, Assignments, Recitation, Attendance)	60%	
Major Examination		<u>40%</u>
Midterm Grade		100%

Semestral Grade 100%

Course Requirement:

Tesda NCII (BAKING) - Bread and Pastry Production

References:













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Sokol, G. (2008). About Professional Baking. Thomson Learning: Singapore.

Donovan, J. (2008). The Big Book of Chocolate. Duncan Baird Publishers: London.

Wayne Gisslen (2009). Professional Baking (5th ed). John Wiley & Sons, Inc.

Magnier-Moreno, M. (2009). Baking One Step at a Time. Octopus Publishing Group Ltd.: Singapore.

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Ford, J. et al. (2010). Professional Chef. Australia: Cengage Learning Australia Pty Limited.

Gisslen, W. (2010). Professional Cooking (7th ed.). New York: John Wiley & Sons, Inc.

Wemischner, R. (2010). The Dessert Architect. Delmar: New York.

Eward Notter (2011). The Art of the Chocolatier: John Wiley & Sons, Hoboken New Jersey

Eric Lanlard & Patrick Cox (2011). COX Cookies & Cakes: Octopus Publishing Group Ltd.

Dwayne Ridgaway (2010). The Gourmet's Guide to Cooking with Chocolate: Quarry Books, Quayside Publishing Group, Massachusetts

Hamlyn (2011). 200 Mini Cakes & Bakes: Octopus Publishing Group Ltd.

Ruth Estrada Javier, et al. (2014). Baking & Pastry Arts. Mindshapers Co., Inc.

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