

Basic Baking Ingredients: What's My Function?

Intro: What do nails, wood, screws, cement, cinder blocks, doors/windows and shingles have in common with flour, sugar, salt, fat, liquids, eggs and leavening agents?

All serve a specific role or function in the project you are using them for and without them, problems might occur. Imagine building a foundation for a house with cinder blocks and you leave out the cement...what would happen?

There are seven basic ingredients which include the above mentioned: flour, sugar, salt, fat, liquids, eggs and leavening agents.

Activity: Let's see if you can figure out what the basic ingredient functions are by participating in a "Mini-Pancake Taste Test" demonstration.

First: Set up ingredients, tools and electric skillet

Second: Give students a paper plate, fork and data sheet to write down their guesses for the function of each ingredient as well as describe each pancake's taste, texture and appearance. These will be done in "rounds".

****Note**: Make enough batter to adequately demo this with your class. I had to double mine. Rounds are written with original recipe amounts.

Round 1: Combine 1 cup flour and 1 cup milk. Make a mini-pancake the size of a quarter for each student to sample and record descriptions.

Round 2: Add 1 egg to round "1" batter. Make a mini pancake the size of a quarter for each student to sample and record descriptions.

Round 3: Add 2 teaspoons of baking powder to round "2" batter. Make a mini-pancake the size of a quarter for each student to sample and record descriptions.

Round 4: Add 1 Tablespoon sugar and ½ teaspoon salt to round "3" batter. Make a mini-pancake the size of a quarter for each student to sample and record descriptions.

Round 5: Add 2 Tablespoons oil to round "4" batter. Make a mini-pancake the size of a quarter for each student to sample and record descriptions.



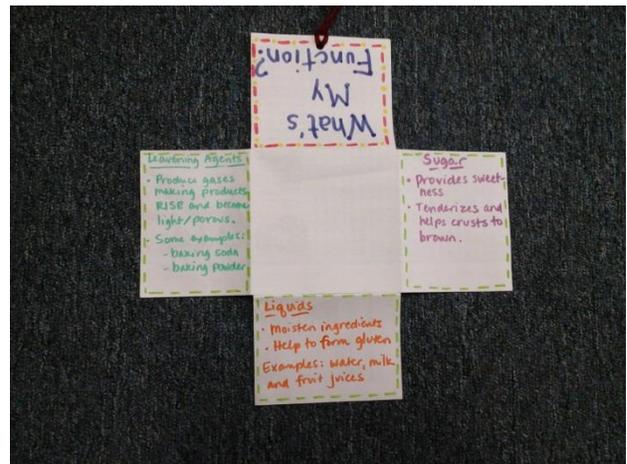
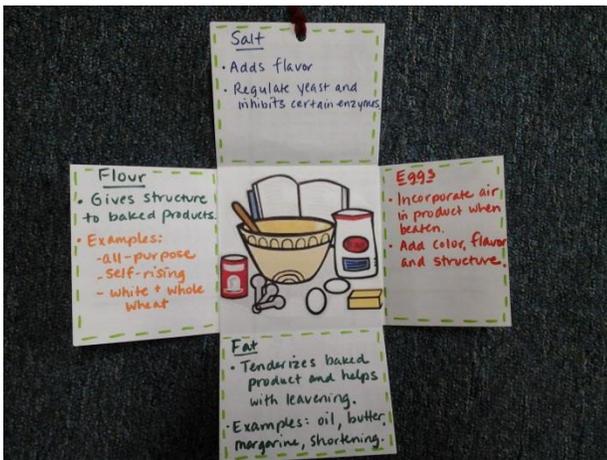
Discuss: Ask students to share their descriptions of the function(s) of each ingredient based on the taste test so you can determine what they know or figured out. Then assign them the foldable tie book project using an animated site to find out all of the functions of the basic ingredients. Animated Activity from Guide to Good Food website:

http://www.g-wlearning.com/foodsandnutrition/9781590706909/student/Ch23_Activity01.htm

- First, create a foldable tie book by following the PPT directions.
- Go to above website to click on each ingredient and place the name of the ingredient and all of its functions in the appropriate section of your foldable.
 - Title and Name goes on the top flap with the “hole” in it. Title is “What’s My Function?” See photo.
 - Picture of baking ingredients & bowl clip art goes in the “center” section of the foldable...see photo.
 - Section 1: Flour
 - Section 2: Sugar
 - Section 3: Salt
 - Section 4: Leavening Agents
 - Section 5: Eggs
 - Section 6: Liquids
 - Section 7: Fat

See Photos Below

Review: Apply the foldable ingredient notes to the Mini-Pancake Follow-up questions.





Mini-Pancake Taste Test

Watch the demo, sampling each "round" of pancakes. Describe the taste, texture and appearance of the pancakes; use to determine the function of each ingredient.

ROUND 1: INGREDIENTS ADDED: _____

Taste:

Texture:

Appearance:

Ingredient Function(s):

ROUND 2: INGREDIENT ADDED: _____

Taste:

Texture:

Appearance:

Ingredient Function(s):

ROUND 3: INGREDIENT ADDED: _____

Taste:

Texture:

Appearance:

Ingredient Function(s):



ROUND 4: INGREDIENTS ADDED: _____

Taste:

Texture:

Appearance:

Ingredient Function(s):

ROUND 5: INGREDIENT ADDED: _____

Taste:

Texture:

Appearance:

Ingredient Function(s):





Mini-Pancake Ingredients Follow-Up Questions

Think back to the mini-pancake demonstration you observed and sampled in class. Use your recipe/ notes/foldable booklet to complete the following questions.

1. What ingredient was missing when the pancakes were dense instead of light?
2. What ingredient was responsible for the main structure of the pancakes?
3. What ingredient kept the pancakes from falling apart?
4. What ingredient(s) provided flavor to the pancakes?
5. What ingredient(s) helped the pancakes to be tender?
6. What ingredient activated the gluten in the pancakes?
7. What ingredient allowed the pancakes to “puff up”?



