

The Bread Basics Competitive Event is a State Event conducted at the NJ FCCLA State Leadership Conference. It is an *individual* event that gives students the opportunity to combine their knowledge of science and food in a creative way through baking. It has 3 parts: a **multiple choice test**, a **demonstration/presentation**, and a **product sample**.

NEW JERSEY CORE CURRICULUM STANDARDS

- RI.11-12.7 Integrate and evaluate multiple sources of information presented in different media or formats (e.g., visually, quantitatively) as well as in words in order to address a question or solve a problem.
- 5.2.12.A.5 Describe the process by which solutes dissolve in solvents.
- 5.2.12.A.6 Relate the pH scale to the concentrations of various acids and bases
- 5.3.12.A.3 Predict a cell's response in a given set of environmental conditions.
- 5.1.12.D.1 Engage in multiple forms of discussion in order to process, make sense of, and learn from others' ideas, observations, and experiences.
- 9.2.12.C.3 Identify transferable career skills and design alternate career plans
- 9.2.8.B.3 Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
- 9.2.12.C.6 Investigate entrepreneurship opportunities as options for career planning and identify the knowledge, skills, abilities, and resources required for owning and managing a business.
- 9.3.HT-RFB.2 Demonstrate safety and sanitation procedures in food and beverage facilities.
- 9.3.HT-RFB.8 Implement standard operating procedures related to food and beverage production and guest service.
- 9.3.HT-RFB.10 Apply listening, reading, writing and speaking skills to enhance operations and customer service in food and beverage service facilities.
- 9.3.12.AR-VIS.2 Analyze how the application of visual arts elements and principles of design communicate and express ideas.
- 9.3.12.AR-VIS.3 Analyze and create two and three-dimensional visual art forms using various media.

CAREER READY PRACTICES

- ✓ Apply appropriate academic and technical skills.
- ✓ Communicate clearly and effectively with reason.
- ✓ Demonstrate creativity and innovation.
- ✓ Employ valid and reliable research strategies.
- ✓ Use technology to enhance productivity.
- ✓ Utilize critical thinking to make sense of problems and persevere in solving them.

NATIONAL STANDARDS FOR FAMILY AND CONSUMER SCIENCES

- 8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.

EVENT CATEGORIES

- Junior:** Participants in grades 6-9
- Senior:** Participants in a comprehensive program in grades 10-12
- Occupational:** Participants in an occupational program in grades 10-12

ELIGIBILITY

1. Participation is open to any affiliated FCCLA member.
2. A chapter may submit one (1) entry for every twelve (12) affiliated chapter members for each event category with a maximum of three (3) entries per chapter.
3. An entry is defined as one (1) participant.
4. An event category is determined by the participant's grade in school and type of Family and Consumer Sciences program.

PROCEDURES & REGULATIONS

1. Each participant will complete an objective examination about yeast breads. The test will include, but is not limited to, ingredients, equipment, and procedures used in baking yeast bread. Each participant will be given twenty (20) minutes to complete the examination. The test will be given separate from the demonstration (see the conference program for the exact time and location). Participants will not be allowed to bring in pre-written notes or reference materials to the test site. No talking will be permitted by participants once the test has begun. The test may be given either electronically or with paper and pencil. The test given will include specific category-appropriate questions. Business attire or competition attire is required for the test.
2. Each entry must submit at the test location three (3) separate and identical stapled sets of the following materials in one (1) letter sized file folder:
 - A. A **Project Identification Page** containing:
 - Participant Name
 - School Name
 - Chapter Name
 - Event Name (Bread Basics)
 - Event Category
 - Title of Recipe
 - B. The **recipe** of selected yeast bread item
 - C. A **Work Cited** page with all the resources used to prepare for this event
3. The file folder must be labeled on the front cover, upper left corner as follows:
 - A. Participant Name
 - B. School Name
 - C. Chapter Name
 - D. Event Name (Bread Basics)
 - E. Event Category
4. The participant will have up to fifteen (15) minutes for the demonstration portion of this event, which will consist of:
 - **Demonstration of kneading/developing the dough and shaping techniques.** (Be specific about the kneading/developing of the dough and shaping techniques and identify/discuss the number of ropes in the braid or how the loaf is shaped.)
 - **Discussion of selected yeast bread recipe/ingredients and dough preparation.** (Discussion may include, but is not limited to, the basics of yeast bread preparation, including dough making, kneading, proofing, the different types of fermentation, doubling, punching, shaping, scoring, baking/cooking, the use of steam, cooling, and slicing.)
 - **Presentation/judge sampling of finished yeast bread.**
 - **Discussion of nutrition and health as it related to their bread product.**
 - **Response to evaluators' questions.**

5. Each participant is required to:
 - Wear an apron or smock and restrain hair.
 - Bring sample dough and all supplies required for kneading demonstration (such as: pastry board, flour, rolling pin, etc.).
 - Bring finished baked product from selected recipe for evaluator sampling. Be prepared to slice the bread and serve it on napkins or paper plates to the judges. Standards of sanitation apply at all times.
6. At the conclusion of the demonstration, participant must dispose of the raw demonstration dough, clean the area and remove all demonstration items.
7. See GENERAL INFORMATION AND RULES of the Competitive Event guidelines.

BREAD BASICS SPECIFICATIONS

Written Objective Test

Each participant will be given twenty (20) minutes to complete an objective examination about yeast breads. The test will be given separate from the demonstration (see the conference program for the exact time and location). Participants will not be allowed to bring in pre-written notes or reference materials to the test site. No talking will be permitted by participants once the test has begun. The test may be given either electronically or with paper and pencil. The test given will include specific category appropriate questions. Business attire or competition attire is required for the test.

Written Objective Test	The test will include, but is not limited to, ingredients, equipment, procedures, and the science of baking yeast bread.
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File Folder

Each participant will submit at the test location one (1) letter-sized file folder containing three (3) separate and identical stapled sets of the materials listed below. The file folder must be labeled in the top left corner as follows:

- Participant Name
- School Name
- Chapter Name
- Event Name (Bread Basics)
- Event Category

Project Identification Page	One 8½” x 11” page on plain paper, participant must include name, school name, chapter name, event name, event category, and title of recipe.
Recipe	On plain 8½” x 11” paper provide the typed recipe using standard recipe format for the selected yeast bread item.
Works Cited/Bibliography	Cite all references used to prepare for this event.

Technique Demonstration

The demonstration should provide a clear, step-by-step, visual demonstration of the skills and process used to create the selected yeast bread.

Personal Appearance	Wear appropriate and professional attire for baking.
Kneading/Developing	Use proper techniques that are strong and coordinated.
Shaping	Use correct techniques in both classic and creative shapes.
Work Area	Maintain a clean and organized work area.
Safety and Sanitation	Follow proper health, safety, and sanitation procedures.
Sampling of Product	Provide samples of finished recipe that demonstrate good texture, color, aroma, and taste.
Time Management	Participants should proactively plan and execute demonstration to coincide with the oral presentation.

Oral Presentation

The oral presentation and technique demonstration are delivered simultaneously. The presentation may be up to fifteen (15) minutes long and is delivered to evaluators. The presentation should discuss the step-by-step process in the preparation, kneading, proofing, and shaping of the selected yeast bread. The presentation should concentrate on explaining information about preparation, baking, and serving of the selected yeast bread.

Knowledge of Ingredients	Participant should discuss the ingredients and their functions in the preparation of selected yeast bread.
Nutrition of the Product	Participant should discuss nutrition and health as it relates to their yeast bread product.
Presentation Delivery	Presentation is organized with a logical flow. Speak clearly with appropriate pitch, tempo, and volume. Use appropriate body language, including gestures, posture, mannerisms, eye contact, and appropriate handling of notes if used. Use proper grammar, word usage, and pronunciation.
Responses to Evaluators' Questions	Provide clear and concise answers to evaluators' questions regarding project and subject matter following the presentation.

BREAD BASICS RATING SHEET

Name _____ School _____

Check One Event Category: _____ Junior _____ Senior _____ Occupational

INSTRUCTIONS:

Write the appropriate rating under the "SCORE" column. Points given may range between 0 and the maximum number indicated. Where information is missing, assign a score of 0. Total points and enter under "TOTAL SCORE."

Evaluation Criteria	Very					Score	Comments
	Poor	Fair	Good	Good	Excellent		
OBJECTIVE TEST							
Written Objective Test	0-4	5-8	9-12	13-16	17-20		
FILE FOLDER							
Recipe uses standard format and provides all information	0-1	2	3	4	5		
Work cited/ Bibliography	0		1		2		
TECHNIQUE DEMONSTRATION							
Personal Appearance	0-1	2	3	4	5		
Technique: Kneading/Developing	0-2	3-4	5-6	7-8	9-10		
Technique: Shaping	0-2	3-4	5-6	7-8	9-10		
Work Area: Organized and Clean	0-1	2	3	4	5		
Safety and Sanitation	0-1	2	3	4	5		
Sampling: Texture, color, aroma and taste	0-2	3-4	5-6	7-8	9-10		
Time Management	0-1	2	3	4	5		
ORAL PRESENTATION							
Knowledge of Ingredients	0-2	3-4	5	6-7	8		
Nutrition of the Product	0-1	2	3	4	5		
Presentation Delivery: Organized, uses appropriate body language, voice, grammar, and pronunciation	0-1	2	3	4	5		
Responses to Evaluators' Questions	0-1	2	3	4	5		

Total Score _____

Verification of Total Score (please initial)

Evaluator _____

Room Consultant _____

Lead Consultant _____

Circle Rating Achieved:

Gold: 90-100

Silver: 79-89

Bronze: 70-78