

Bread Basics is an *individual* NJ FCCLA State Event that gives a student 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

- 1.1.12C.1 Use contextual clues to differentiate between unique and common properties and cultural implications of dance, music, theater and visual arts.
- 1.2.12B(4).2 Produce an original body of work in one or more mediums that demonstrates visual mastery, methods, techniques and cultural understanding.
- 1.4.12C.1 Formulate criteria for arts evaluation using positive commentary based on observance of the elements of art and principles of design in dance, music, theater, visual and multimedia artwork from diverse cultural contexts and historical eras.
- 3.1 Understand and apply the knowledge of sounds, letters, and words in written English to become independent and fluent readers, and will read a variety of materials and texts with fluency and comprehension.
- 3.2 Write in clear, concise organized language that varies in content and form for different audiences and purposes.
- 3.3 Speak in clear and concise organized language that varies in content and form for different audiences and purposes.
- 3.4 Listen actively to information from a variety of sources in a variety of situations.
- 3.5 Access, view, evaluate, and respond to print, nonprint, and electronic texts and resources.
- 4.1 Develop number sense and will perform standard numerical operations and estimations on all types of numbers in a variety of ways.
- 5.3.12 A.1 Represent and explain the relationship between the structure and function of each class of complex molecules using a variety of models.
- 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.
- 8.1.12.A.3 Participate in online courses, learning communities, social networks, or virtual worlds and recognize them as resources for lifelong learning.
- 8.1.12.A.4 Create a personalized digital portfolio that contains a résumé, exemplary projects, and activities, which together reflect personal and academic interests, achievements, and career aspirations.
- 9.1.12.A.1 Apply critical thinking and problem solving strategies during structured learning experiences.
- 9.3.12.C.2 Characterize education and skills needed to achieve career goals, and take steps to prepare for postsecondary options, including course selections, assessments, and extra-curricular activities.
- 9.3.12.C.3 Develop personal interests and activities that will support declared career goals and plans.
- 9.1.12.F2 Demonstrate a positive work ethic in various settings, including the classroom and during structures learning experiences.
- 9.3.12.C.5 Identify transferable skills in career choices and design alternative career plans based upon those skills.
- 9.3.12.C.6 Develop job readiness skills by participating in structures learning experiences and employment seeking opportunities.
- 9.3.12.C.7 Pursue a variety of activities related to career preparation (e.g., volunteer, seek employment, apply for training grants, higher education grants and loans.)

EVENT CATEGORIES**Junior:** Grades 6-9**Senior:** Grades 10-12**Occupational:** Grades 10-12**ELIGIBILITY**

1. Chapters may submit one (1) participant for every twelve (12) affiliated chapter members for each event category with a maximum of three (3) participants per chapter. An event category is determined by a member's grade in school and affiliation status.
2. Participation is open to any affiliated FCCLA member.

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 with time and location to be announced. 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 been started. The test may be given either electronically or on paper. 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) identical, typed, stapled sets of the following information in one (1) letter sized file folder:
 - A. A **Project Identification Page** containing:
 - Participant Name
 - School/Chapter Name
 - Event Name
 - Event Category
 - Title of Recipe
 - B. The **recipe** of selected yeast bread item
3. The file folder must be labeled on the front cover, upper left corner as follows:
 - A. Participant Name
 - B. School/Chapter Name
 - C. Event Name
 - D. 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, shaping techniques and discuss and identify the # 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 and clean the area and remove all demonstration items.
7. See GENERAL INFORMATION AND RULES of these 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 with time and location to be announced. 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 been started. The test may be given either electronically or on paper. 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) identical typed sets, with each set stapled separately, of the items listed below. The file folder must be labeled in the top left corner as follows:

- Participant Name
- School/Chapter Name
- Event Name
- Event Category

Project Identification Page	One 8½” x 11” page on plain paper, participant must include name, school/chapter name, event name, event category, title of recipe.
Recipe	On plain 8½” x 11” paper provide the typed recipe, using standard recipe format, for the selected yeast bread item.

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 recipe.

Personal Appearance	Use appropriate, 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 in length 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 recipe. The presentation should concentrate on explaining information about preparation, baking and serving of the recipe chosen.

Knowledge of Ingredients	Participants should discuss the ingredients and their functions in the preparation of selected yeast bread recipe.
Nutrition of the Product	Participants 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 body language including gestures, posture, mannerisms, eye contact and appropriate handling of notes or note cards 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. Questions are asked after the presentation.

BREAD BASICS RATING SHEET

Name _____ School _____

Check One Event Category: _____ Junior _____ Senior _____ Occupational

Write the appropriate rating under the SCORE column. Points given may range between 0 and maximum number indicated. Where information is missing, assign a 0. Total the 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		
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	9-10		
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: 75-89

Bronze: 60-74