

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. Junior and Senior chapters may submit one (1) entry for every ten (10) affiliated chapter members for each event category with a maximum of two (2) entries per category.
2. Occupational chapters may submit one (1) entry for every ten (10) affiliated chapter members with a maximum of three (3) entries per chapter.
3. 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. 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 the dough and 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.**
3. 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.
4. At the conclusion of the demonstration, participant must dispose of the raw demonstration dough and clean the area and remove all demonstration items.

5. A Chapter must submit at registration three identical, typed, stapled sets of the following information in one letter sized manila file folder:
  - A. A cover page containing:
    - Participant Name
    - School/Chapter Name
    - Event Name
    - Event Category
    - Title of Recipe
  - B. Recipe of selected yeast bread item
  
6. The folder must be labeled on the left hand corner as follows:
  - A. Participant Name
  - B. School/Chapter Name
  - C. Event Name
  - D. Event Category
  
7. See GENERAL INFORMATION AND RULES of these guidelines.

**File Folder**

A Chapter will submit one (1) manila file folder containing three (3) identical typed sets, with each set stapled separately, of the items listed below. The file folder is to be submitted at registration. The file folder must be labeled on the left hand 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 recipe for the selected yeast bread item.  |

**Oral Presentation/Demonstration**

The oral presentation/demonstration 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 loaf of bread. The presentation should concentrate on the explaining information about preparation, baking and serving the bread recipe chosen.

|                                  |   |
|----------------------------------|---|
| Organization                     | Clean and organized work area. Presentation is organized with a logical flow.   |
| Appropriate Attire               | Neat and professional   |
| Kneading/Developing              | Proper technique – strong and coordinated   |
| Shaping                          | Correct technique in both classic and creative shapes   |
| Safety and Sanitation            | Proper precautions for health, safety and sanitation  |
| Time Management                  | Good use of time allotted   |
| Identify the Bread Recipe Chosen | Explain why you selected this recipe  |
| Voice                            | Speak clearly with appropriate pitch, tempo and volume.   |
| Body Language                    | Use appropriate body language including gestures, posture, mannerisms, eye contact and appropriate handling of notes or note cards if used. |
| Grammar and Pronunciation        | Use proper grammar and pronunciation.   |
| Responses to Questions           | Provide clear and concise answers to evaluators’ questions regarding subject matter.  |

**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 |       |          |
| <b>OBJECTIVE TEST</b>  |      |      |      |       |           |       |          |
| Written Objective Test   | 0-4  | 5-8  | 9-12 | 13-16 | 17-20     |       |          |
| <b>KNEADING DEMONSTRATION</b>  |      |      |      |       |           |       |          |
| Personal Appearance  | 0-1  | 2    | 3    | 4     | 5         |       |          |
| ▪ Knowledge of ingredients used in yeast breads and purposes<br>▪ Nutrition of the product | 0-3  | 4-6  | 7-9  | 10-12 | 13-15     |       |          |
| Technique  | 0-2  | 3-4  | 5-6  | 7-8   | 9-10      |       |          |
| Organized and Clean Area   | 0-1  | 2    | 3    | 4     | 5         |       |          |
| Safety and Sanitation  | 0-1  | 2    | 3    | 4     | 5         |       |          |
| Sampling<br>▪ Texture, color, aroma and taste<br>▪ General characteristics                 | 0-3  | 4-6  | 7-9  | 10-12 | 13-15     |       |          |
| <b>ORAL PRESENTATION</b>   |      |      |      |       |           |       |          |
| Presentation poised with clear and concise language  | 0-1  | 2    | 3    | 4     | 5         |       |          |
| Clear, concise and accurate responses to questions   | 0-2  | 3-4  | 5-6  | 7-8   | 9-10      |       |          |
| Selected recipe and information product usage  | 0-2  | 3-4  | 5-6  | 7-8   | 9-10      |       |          |

**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