

BAKG 1343: Gluten Free Baking

EFFECTIVE DATE

DEPARTMENT

Baking & Pastry Arts
DESCRIPTION

A variety of gluten-free ingredients are introduced in this course. Students learn how to make gluten-free products using items such as rice flour and xanthan gum. Gluten-free substitutes to traditional baking are also explored. This course is part of the full-time Baking and Pastry Arts – Artisan Baking Program.

CREDITS

1.0

YEAR OF STUDY

1st Year Post-secondary

PREREQUISITES

None

COREQUISITES

None

COURSE LEARNING OUTCOMES

Upon successful completion of this course, students will be able to:

- Identify flours and ingredients that are gluten-free
- Assess the characteristics of gluten-free ingredients and predict product outcomes when traditional ingredients are substituted with gluten-free ones
- Select ingredients and preparation methods to produce a variety of gluten-free products such as loaves, breads, cookies and pastries
- Mix, portion, make up, proof, bake and finish products according to specifications
- Plan and execute daily production list to efficiently and confidently meet specific production criteria
- Evaluate product outcomes according to the theoretical principles and processes governing their production
- Apply mathematical principles to calculate formulas according to product specifications
- Adhere to industry health and safety standards in the preparation, handling and storage of products
- Comply with shop safety practices during production
- Practice professional etiquette and personal hygiene during production

- Work effectively as a team member during production
- Implement principles of bakery management and merchandising for inventory and cost control

PRIOR LEARNING ASSESSMENT & RECOGNITION (PLAR)

None

HOURS

Lecture: 2

Other: 23

INSTRUCTIONAL STRATEGIES

Using an experiential learning approach, this course will also provide students with the opportunity to work independently and in cooperative teams to apply theory to practice and to reflect on their own performance and product outcomes. Demonstrations will be held to show the proper execution of methods, product make-up, portioning, proofing, baking and finishing. Group discussions are facilitated to reflect on processes, product outcomes and learning.

GRADING SYSTEM

Letter Grade (A-F)

PASSING GRADE

B-

EVALUATION PLAN

Type	Percentage	Assessment activity
Lab Work	60	Instructor observation of daily hands-on skill development, organization and adherence to safety and sanitation practices
Quizzes/Tests	20	Theory quizzes
Participation	10	Self and peer evaluation, instructor evaluation, punctuality, attendance
Assignments	10	Online reflective journal

COURSE TOPICS

- Food allergies; celiac disease; wheat-free versus gluten-free products; gluten-free ingredients; ingredient substitution; mathematical conversions, application of baker's percentage; interpretation of formulas; correct use of tools & equipment; supporting team members; writing and executing daily production lists; critical

analysis of product outcomes; recording observations of performance and development; punctuality; health and safety rules and regulations; application of inventory and waste management

LEARNING RESOURCES

None

Notes:

- Course contents and descriptions, offerings and schedules are subject to change without notice.
- Students are required to follow all College policies including ones that govern their educational experience at VCC. Policies are available on the VCC website at:
<https://www.vcc.ca/about/governance--policies/policies/>.
- To find out how this course transfers, visit the BC Transfer Guide at <https://www.bctransferguide.ca>.

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