

TVL - Home Economics  
**Bread and Pastry Production**  
First Quarter-Module 6  
Bake Bakery Products According to  
Techniques and Appropriate Conditions



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GOVERNMENT PROPERTY  
**NOT FOR SALE**

Mayroong pag-asa dahil sa iyo, dahil sa inyong mga kabataan. Ang inyong mga ngiti, tawa, sigla, at likas na kabutihan ang inspirasyon naming mga magulang at guro upang pagbutihin ang pag-aalaga sa iyo, nang maipagpatuloy mo ang inyong pag-aaral at mga libangan.

Lagi ka sanang maging malusog, masayahin, masipag, at mapagmahal.

Ako ay sabik na maghihintay sa inyong pagbabalik sa paaralan sa hinaharap.

*- Mayor Marcy*







## Paano iniawasan ng ating pamilya ang COVID-19?



Inaalagaan ba natin ang ating kalusugan sa pamamagitan ng **sapat na tulog, ehersisyo, at masustansyang pagkain?**



Lagi ba tayong **nag huhugas ng kamay** gamit ang sabon at tubig o mga alcohol-based na produkto?



Pinapanatili ba natin ang kalinisan sa pamamagitan ng **palagiang pagdi-disinfect ng bahay?**



Binubuksan ba natin ang mga bintana para **makadaloy ang hangin** (natural ventilation)?



Iniawasan ba natin ang **paglabas ng bahay at pagpapapasok ng bisita** kung hindi naman kailangan? Kung may lalabas man, tayo ba ay nagsusuot ng **face mask at face shield**?



Nagbabasa o nakikinig ba tayo sa mga **balita at bagong impormasyon** tungkol sa COVID-19?



Tinatandaan ba natin ang mga **karaniwang sintomas** ng COVID-19? At alam ba natin kung saan tatawag kung sakaling mayroong may sintomas sa pamilya?



Tinuturuan ba tayo ng ating mga magulang at nagiging mabuti ba silang modelo ng mga nabanggit na health at safety protocols?

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**Make Marikina COVID-19 Free**  
Stay safe, stay healthy!



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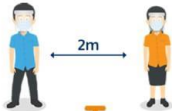
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## MGA PAALALA UPANG MAIWASAN ANG COVID-19



Laging magsuot ng face mask at face shield.



Practice Social Distancing  
(Dumistansya ng 2 metro kapag nakikipag-usap)



Laging maghugas ng kamay at gumamit ng alcohol.



Kumain ng masustansyang pagkain at uminom ng maraming tubig.



Uminom ng bitamina.



Panatiliing malinis ang kapaligiran.



Manatili lamang sa bahay kung walang mahalagang aasikasuhin at panatiliing ligtas ang tahanan sa COVID-19.



Agad sumangguni sa inyong doktor o pinakamalapit na health center kapag nakaramdam ng mga palatandaan ng COVID-19.

### Marikina COVID-19 Hotlines:



0926 626 3695  
0927 456 6682  
0961 470 3326  
0961 470 3327

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# HINDI PA TAPOS ANG LABAN SA COVID-19: MGA PAALALA LABAN SA FAMILY CLUSTER INFECTION

Iwasan ang hawaan sa pamilya, gawing ligtas ang tahanan. TANDAAN:



**MARIKINA COVID-19  
CALL CENTER**

**HOTLINE:**

0926-626-3695  
0927-456-6682  
0961-470-3326  
0961-470-3327

**SWAB  
TEST**



## GAWING LIGTAS ANG TAHANAN.



- Huwag balewalain ang sintomas ng COVID-19
- Sundin ang quarantine protocols
- Huwag munang mag-dine in sa mga kainan/café
- Iwasan ang selebrasyon, inuman, at pagtambay
- Iwasan ang pulutong ng mga tao
- Huwag huhubarin ang face mask kapag nakikipagusap at panatilihin ang 2 meters na distansya
- Iwasan magpapasok ng mga bisita na hindi essential sa loob ng bahay
- Palaging maghugas ng kamay

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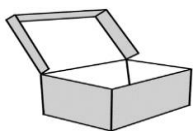
Hindi kaya ng pamahalaan lamang.  
Magkakasama nating talunin ang COVID-19 sa Marikina.

**PARA SA LIGTAS NA MARIKINA**



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## What I Need to Know

This module was designed and written with you in mind. It is here to help you develop knowledge, skills, and attitudes in the performance of Bread and Pastry tasks. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

Quarter I – L.O.1 Prepare and Produce bakery Products

1.6 Bake bakery products according to techniques and appropriate conditions.

After going through this module, you are expected to:

1. discuss the different baking techniques and appropriate conditions needed in baking bakery products
2. familiarized with the baking techniques and appropriate conditions needed in baking bakery products.
3. observe the importance of baking techniques, proper hygiene, and correct baking temperature.

### Baking Terminologies

As you wish to pursue baking as a career, you should familiarize yourself with the common preparation and baking terminologies that come across in the process.

**Contamination** - unwanted substance that makes the food easily spoil.

**Hazardous** - exposing to substance that is harmful that may cause death.

**Malpractices** – improper practices.

**PPE** - (Personal Protective Equipment) refers to devices worn by workers to protect them against hazards in the workplace.

**Pre- Heat** – to set the oven thermostat into desired temperature.

**Sanitation** - practice of measure to create an environment conducive to good health.

**Workplace** - refers to the office, site, laboratory where the worker is assigned to do the job or activity.



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## What I Know

List down five (5) safety and sanitary practices that you perform in your home. Explain how these practices are done.

1. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### How Well Did You Perform?

Your performance will be rated using the rubrics below.

#### Rubrics for Scoring:

1	Able to discuss comprehensively the significant task.
2	Able to discuss appropriately the task with 1 or 2 errors.
3	Able to discuss appropriately the significant task with 3 to 5 errors
4	Able to discuss appropriately the significant task with 6 to 8 errors.

Scale	Description	Points
4	Excellent	93 - 100
3	Good	86 - 92
2	Fair	79 - 85
1	Poor	78 - below



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## Lesson 6

# Bake Bakery Products According to Techniques and Appropriate Conditions

In this module the students will provide knowledge, understanding and hands-on on the sanitary practices that should be carried during baking, the principles and guidelines to be followed that contribute to a successful baking, and follow the correct oven temperature.

Malpractices greatly affect the results of the baked goods. It is very important that you follow the principles and guidelines in baking and sanitary measures should be observed to achieve good quality product.



### What's In

To perfect the good quality bread, you need to be equipped with the knowledge, proper mixing techniques, correct baking procedure, and appropriate baking temperature that needed to prepare bakery products.

#### *Notes to the Teacher*

In this lesson, the learners are expected to prepare and bake bakery products according to proper techniques and appropriate conditions, but always remind them to practice safety measures, sanitation at all times.



### What's New

See the video clip showing about Proper Sanitation practices and kitchen safety. After viewing the presentation, give your reactions to one whole sheet of paper.

#### **How Well Did You Perform?**

Your performance will be rated using the rubrics below.



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### Rubrics for Scoring:

Criteria	5	3	1
<b>Level of understanding</b>	The presentation was very much understood	The presentation was slightly understood	The presentation was not understood
<b>Degree of importance</b>	Importance of the presentation was stated at the fullest degree	Importance of the presentation was stated at the moderate degree	Importance of the presentation was not clearly stated.
<b>Maximum score</b>			

Score	Equivalent
7 – 10	Very good
4 - 6	Good
1 -3	Fair



## What is It

Sanitation means keeping bacteria down to a small number as possible through personal hygiene and proper food handling. It also means keeping the food at the appropriate temperature so bacteria already present do not have a chance to multiply.

Sanitary measures include personal hygiene, keeping food, equipment, and the work area clean. Unsanitary practices and improper handling of food may result in food contamination or infection, poisoning, and death.

### Workers Personal Hygiene

- ✓ Remove jewelry and accessories before starting to work.
- ✓ Hands should be clean, and nails cut short.
- ✓ Use the appropriate work outfit. People who work in the kitchen should wear suitable, clean, and freshly ironed aprons. Aprons protect the body from burns and scalds and food stains. Headbands are used to prevent loose hair from dropping into the food and absorb sweat on head.
- ✓ Keep sick persons out of the kitchen.

### Facilities

- ✓ Sanitize all laboratory equipment, tools and utensils thoroughly before and after use.



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- ✓ Air dries all equipment, tools, and utensils to avoid build-up of dust and rust corrosion.
- ✓ Dispose of garbage properly every day so as not to invite rodents and insects.

### **Practical Ways of Keeping Food Clean**

- ✓ Food should be handled with clean hands.
- ✓ Avoid sneezing and coughing when handling food.
- ✓ Utensils that fall on the floor should be washed well before using them again.
- ✓ Store food supplies in a clean, dry place to maintain its freshness.
- ✓ Clean cans, bottles, and bags containing ingredients before opening.
- ✓ Keep dry and liquid ingredients in a sealed container. Check for its safety from time to time.
- ✓ Separate fresh vegetables from old ones before storing them
- ✓ Keep food at a suitable temperature. Bacteria multiply the fastest between 15 and 52°C (60°F and 125°F). Keep hot food hot until served. "Hot" means above 60°C (140°F), where bacteria can no longer grow. Keep cold food cold until served. "Cold" means below 4°C (40°F), at refrigerator temperature or below.

### **Keeping the Work Laboratory Area Clean**

- ✓ Keep the floor area clean and free from waste, water, and grease.
- ✓ Keep cabinets dry, clean, and closed tightly to keep away rodents and insects.
- ✓ Check and clean the dishwashing area whenever needed.
- ✓ Clean the tables after using them.

### **Safety Precautions in the Kitchen**

Observance of safety precautions promote work efficiency and prevent accidents. Occasionally, accidents do happen. You must keep calm so you can take proper action. Accidents are caused either by people themselves or by hazardous environments or defective equipment.

### **Factors that Contribute to Successful Baking**

Baking requires accuracy. Any deviation from the measurement, procedure, and type of ingredient may greatly affect the baked products. Beginners in baking should observe the correct practices in preparation to achieve the desired results.

- **The Use of Quality Ingredients**

Always use high quality dry and liquid ingredients, minor baking ingredients, shortening, and fresh eggs. Use ingredients indicated in the recipe. Refrain from substituting ingredients.

- **The Use of Appropriate Tools and Utensils**

Utilize standard measuring cups, glass, and spoons for best results. Mixing bowls should be large enough to allow proper mixing of ingredients to produce dough and batter. Use a pastry blender or two knives when



cutting shortening into flour. Appropriate use of tools and utensils promote work efficiency and effectiveness.

- **Following Correct Baking Procedures**

1. Read and follow the recipe accurately. It is important to understand the recipe first then to assemble all the needed ingredients, tools, and utensils before starting to bake. Follow the step-by-step procedure accurately.
2. Pre-heat the oven. If a thermostat is a defective or not available use an oven thermometer to check the baking temperature.
3. Measure ingredients accurately. Do not change the specified amount of ingredients. Any change in the amount of ingredients may fail to achieve the desired effect or expected consistency of the mixture.
4. Observe correct hand and mixing techniques. Wrong mixing techniques such as over-mixing, under-mixing, under-beating, or overbeating of eggs, and insufficient creaming will result in poorly baked goods.
5. Make use of the type of pan specified in the recipe. Measure its length, width, and inside depth. Find out in the recipe if the pan(s) should or should not be greased or lined with wax paper.
6. Follow the specified baking time and temperature stated in the recipe. Place the baking pan at the center of the oven and avoid opening the oven door until baking is done.

Below is the table which indicates the type of baking products with the corresponding oven temperature and baking time.

<b>Types of Product</b>	<b>Oven Temperature</b>	<b>Baking Time</b>
<b>Breads</b>		
Biscuits	425°F to 450°F	10 to 15 min
Corn bread	400°F to 425°F	30 to 40 min
Muffins	400°F to 425°F	20 to 25 min
Quick loaf breads	350°F to 375°F	1 to 1 ¼ hour
Yeast bread	400°F	30 to 40 min
<b>Cookies</b>		
Drop	350°F to 400°F	8 to 15 min
Rolled	375°F	8 to 10 min





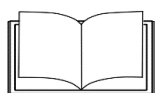
## Temperature Conversion Table

$$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times \frac{5}{9}$$

$$^{\circ}\text{F} = (^{\circ}\text{C} \times \frac{9}{5}) + 32$$

### **°Centigrade (°C) to Fahrenheit (°F)**

50 – 122	110 – 230	170 – 338	230 – 446
60 – 144	120 – 248	180 – 356	240 – 464
70 – 158	130 – 266	190 – 374	250 – 482
80 – 176	140 – 284	200 – 392	260 – 500
90 – 194	150 – 302	210 – 410	270 – 518
100 – 212	160 – 320	220 – 428	280 – 536



## What's More

Match **Column A** with **Column B**. Choose the letter of the correct answer.

### **A**

- \_\_\_\_ 1. Avoid sneezing and coughing when handling food
- \_\_\_\_ 2. Always keep the floor clean free from waste, water and grease.
- \_\_\_\_ 3. Wear complete Protective Personal Equipment
- \_\_\_\_ 4. Store utensils dry, clean, and in good condition.
- \_\_\_\_ 5. It means keeping bacteria to a small number as possible.

### **B**

- a. Sanitation
- b. keeping oneself clean
- c. keeping the laboratory clean
- d. Keeping the food clean
- e. Keeping the tools and equipment clean.



## What I Have Learned

In two sentences, answer what is being asked in the question. (5 Points each)

1. Why is it important to follow the correct procedures in baking? Explain your answer.

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2. Explain the factors that contribute to successful baking.

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3. Why do we need to pre-heat the oven before placing the batter or dough into the oven? Explain your answer.

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## What I Can Do

**Online Learner:** Make a video clip of the different tips and techniques by performing any bread recipes.

**Offline Learner:** Apply the principles and guidelines by performing any bread recipes. Write an observation report about the process in preparing bread.

### How Well Did You Perform?

Your performance will be rated using the rubrics below.

#### Rubrics for scoring

4	Can perform this skill without supervision and with initiative and adaptability to problem situations.
3	Can perform this skill satisfactorily without assistance or supervision.
2	Can perform this skill satisfactorily but requires some assistance and or supervision.
1	Can perform this skill satisfactorily but requires considerable assistance and or supervision.

Scale	Description	Points
4	Excellent	93 - 100
3	Good	86 - 92
2	Fair	79 - 85
1	Poor	78 - below

### Suggested Bread Recipes

#### Basic Lean Dough

##### Ingredients:

1-2tbsp. dry yeast	1 tsp. salt
1 cup lukewarm water	1 tsp. bread improver
3 tbsp. sugar	5 ½ cups bread flour
1 cup whole milk	lard for greasing
3 tbsp. shortening or oil	



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**Procedure:**

1. Dissolve yeast in  $1\frac{1}{4}$  cup lukewarm water. Sprinkle with 1 tbsp. sugar. Allow to stand for 8-10 minutes until bubbly.
2. Combine milk, oil, salt, bread improver and 2 tbsp. sugar. Stir until salt and sugar are dissolved. Set aside.
3. Add yeast mixture. Stir in 2 cups of flour. Beat until it is smooth.
4. Add another cup of flour. Continue mixing until the mixture is smooth
5. Transfer dough on a floured board and start kneading. Continue kneading until the dough is smooth. (Approximately 25 minutes).
6. Shape into a smooth ball and grease all sides with lard. Place in slightly
7. greased bowl. Cover with damp clean cloth. Allow to rise until double in size, approximately  $1\frac{1}{2}$  hours, then punch down dough.

**Pan De Sal****Ingredients:**

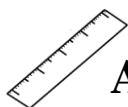
1 k bread flour	2 tsp rock salt
1 $\frac{1}{2}$ tbsp. instant yeast	1 tsp vanilla
$\frac{1}{4}$ cup lukewarm water	150 grams lard
200 g brown sugar	2 cups water
2 tbsp. oil	

**Procedure:**

1. Dissolve yeast in  $\frac{1}{4}$  cup lukewarm water. Sprinkle with 1 tbsp. sugar. Allow to stand for 8-10 minutes.
2. Combine water, oil, salt, and sugar. Stir until salt and sugar are dissolved. Set aside.
3. In a separate bowl, place bread flour and make a well at the center and then add yeast mixture and follow the liquid mixture. Mix thoroughly.
4. Transfer dough on a floured board and start kneading. Continue kneading until the dough is smooth. (Approximately 25 minutes).
5. Shape into a smooth ball and grease all sides with lard. Place in slightly greased bowl. Cover with damp clean cloth. Allow to rise until double in size, approximately  $1\frac{1}{2}$  hours, then punch down dough.
6. Cut dough into two, then roll each half into a round log about 30 cm x  $2\frac{1}{2}$  cm.
7. Cut into 12 equal pieces. Dredge with breadcrumbs.
8. Place on greased baking sheets with one side of each piece facing up, about  $2\frac{1}{2}$  cm apart. Let it rise until double its size. Bake in a pre-heated oven at 350 degrees Fahrenheit for 15-20 minutes.







## Assessment

Arrange the baking process in the correct sequence. Write letters A to F.

- \_\_\_\_\_ 1. Observe the correct hand and mixing techniques.
- \_\_\_\_\_ 2. Pre- heat the oven.
- \_\_\_\_\_ 3. Measure ingredients accurately.
- \_\_\_\_\_ 4. Follow the specified baking time and temperature.
- \_\_\_\_\_ 5. Study and follow the recipe correctly.
- \_\_\_\_\_ 6. Make use of the type of pan specified in the recipe.

Convert the following temperatures given below.

- |                      |                      |
|----------------------|----------------------|
| 1. 125 °C - _____ °F | 3. 380 °F - _____ °C |
| 2. 85 °C - _____ °F  | 4. 420 °F - _____ °C |



## Additional Activities

Watch a video clip about different ways to practice sanitation. List down at least ten (10) guidelines and explain.

### How Well Did You Perform?

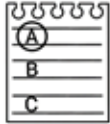
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## Answer Key

<p><b>Assessment</b></p> <p><b>Sequence</b></p> <p>1.D 2.B 3.C 4.F 5.A 6.E</p> <p><b>Computation</b></p> <p>1.257 °F 2.185 °F 3.193.33C 4.215.55 °C</p>	<p>What's More</p> <p>1. D 2. C 3. B 4. E 5. A</p>	<p>What I Know</p> <p>Answers may vary.</p> <ol style="list-style-type: none"> <li>1. Washing hands every time that handled food.</li> <li>2. Always clean the tool, and utensils before and after use.</li> <li>3. Sweep and mop the floor whenever needed</li> <li>4. Dispose of garbage properly.</li> <li>5. Wear an apron while preparing inside the kitchen.</li> </ol>
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## References

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### Video

Universal Robina Corporation, Flour and Pasta Division, 2016, Pasig City, Metro Manila.





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