

Baking Bread



**Designed By
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Recipe by:

<http://allrecipes.com/recipe/17215/best-bread-machine-bread/>

Materials

2 lb bread maker with standard measuring equipment

Ingredients	Amount
 H ₂ O	1 cup warm water (110 °F)
 Sugar	2 tablespoons white sugar
 Rapid Rise Yeast	1 package (.25 oz) bread machine yeast
 Vegetable Oil	1/4 cup vegetable oil
 Bread Flour	3 cups bread flour
 Salt	1 teaspoon salt

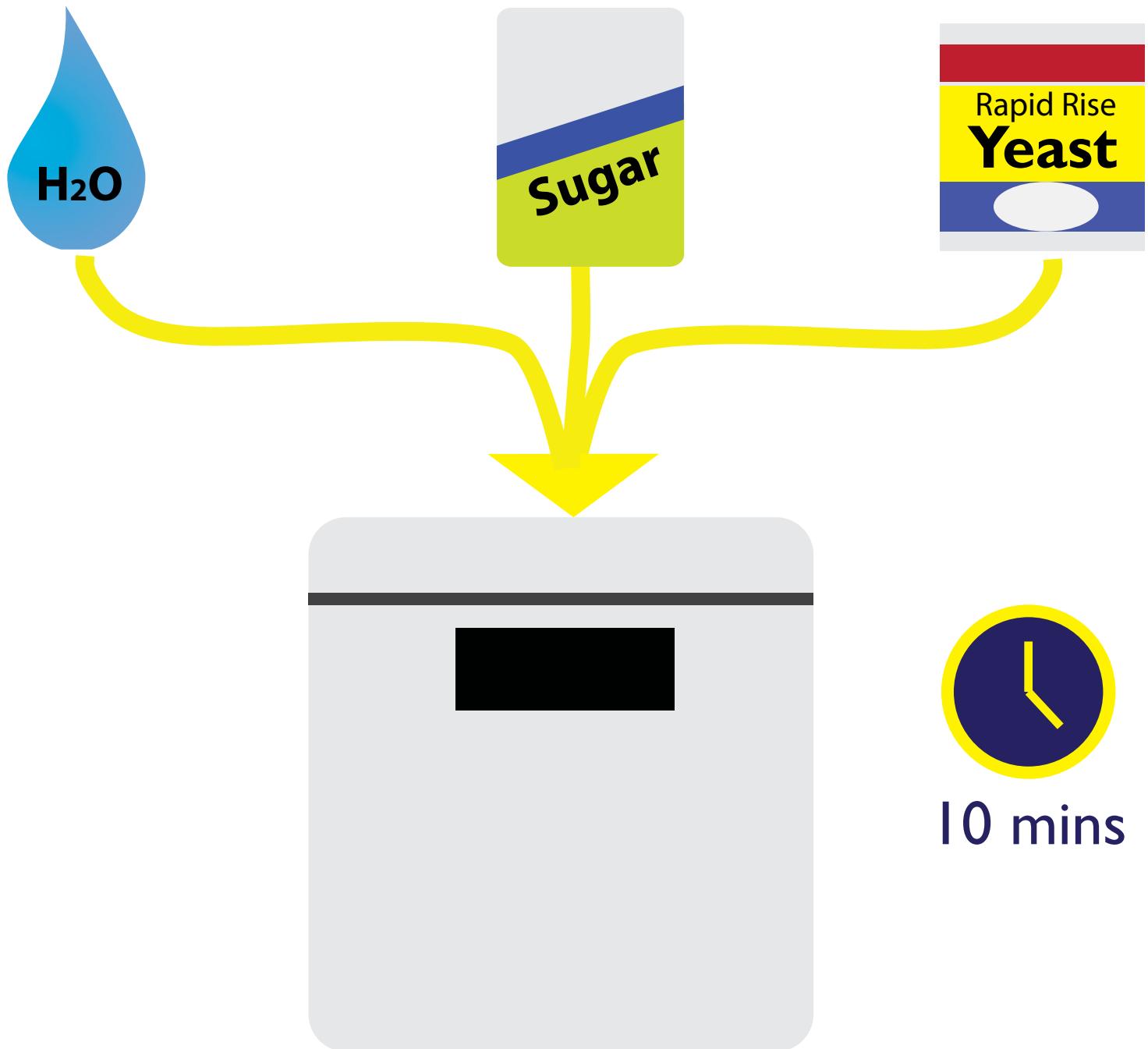
Before you begin



Wash your hands and the kitchen area

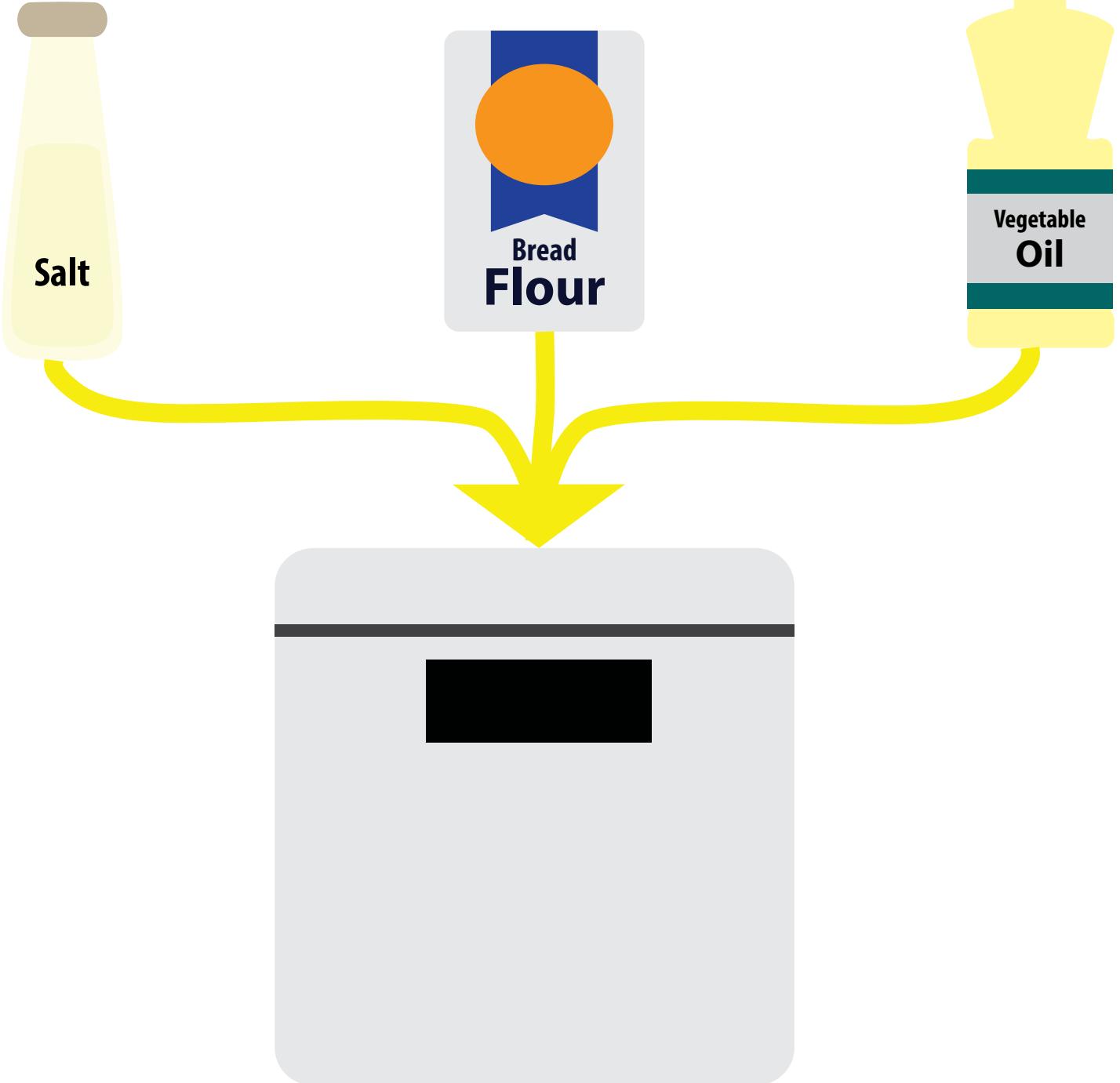
Step 1:

Mix: Warm Water, Sugar, and Yeast into bread machine pan.
Allow to Foam for 10 minutes



Step 2:

Add the rest of the ingredients (Oil, Flour, Salt)
Select Basic or White Bread Setting. Press Start



Step 3:

After the bread is baked,
remove from the machine.
Slice to desired size and serve



Before you finish



Be sure to wash all equipment and dishes

Instruction Title: Baking Bread

Note the techniques and recipe for this bread have been taken from the website all Recipes.

Topic

This instructional design will teach learners without any previous baking experience how to bake a loaf of lean bread.

Theory

This activity will follow cognitive construction theory. The learner will read and interpret visual instructions to construct bread. The hands-on activity should help learners internalize the activity. Moreover, learners will be given auditory feedback from their instructor and tactile feedback when tasting their bread.

Problem

Due to the mass production of food products, people have lost touch with their ability to cook basic foodstuffs such as bread. Forgetting how food has come to be has led to a decreased appreciation for food. The industrialized world's dependence on processing food has also led to an increase in the number of unhealthy food additives such as high fructose corn syrups the average person's diet. Teaching people how to cook for themselves should stem this tide.

Audience

The target audience is the prospective baker. The learner should have some familiarity with following a basic recipe.

Purpose

Learners should learn some of the fundamentals of baking bread. When doing so, the learner should get a "taste" of the joy of baking their own pastry product.

Format

Learners will be given access to an interactive PDF with verbal, non-verbal, and audio elements that gives instructions on how to cook bread machine bread.

General learning expectations

Learners after following these instructions should have the ability to bake bread machine bread given the proper ingredients and tools.

Learning goals and objectives

At the end of this instruction learners will be able to successfully:

G.1. Apply proper sanitation techniques

- O.1. Learners will demonstrate washing their hands*
- O.2. Learners will demonstrate cleanup of equipment at the end of backing*

G.2. Construct proper "Best bread machine bread"

- O.1. Learners will measure out the proper amounts of ingredients*
- O.2. Learners will combine bread ingredients into the bread machine.*

Learning Activities

1. The learner will begin by viewing the interactive PDF instructions on a electronic device
2. The learner will demonstrate proper sanitation techniques by washing their hands.
3. The learner will then use provided food materials with instructions to combine ingredients and then baking the bread
4. The instructor will inspect bread. Both the learner and instructor will taste the bread to see if bread is of proper quality. Examples of failure may include uncooked bread, unleavened bread, improper flavor, and missing ingredients.
5. Learner will properly clean up area before leaving.

Completion outcomes

The main outcome of the instruction includes:

1. Proper sanitation before and after the cooking of the bread
2. Ability to follow directions
3. Properly produced bread.

Technology required

Learners will have access to interactive PDF version of the instructions hence, the learner must have access to a printer or a modern tablet that is able to read PDFs.

Proper eyesight and the ability to understand English will be required to view materials.

Learners will have access to standard kitchen equipment and a breadmaker.

Timeline

The learning experience should take approximately 10 minutes to combine ingredients between 3.5 hours to cook.

References

SHECOOKS2. (n.d.). *Best Bread Machine Bread*. Retrieved from allrecipes.com:
<http://allrecipes.com/recipe/17215/best-bread-machine-bread/>

Assessment

Rubric for Baking Bread Instructional Project *Materials, Job Aid, Design Document Feedback*

Learner:

	Total
Learner has area properly sanitized before beginning baking process	/10
Learner has used the proper ingredients for baking bread	/10
Learner should mix the bread ingredients in the proper amounts	/10
Learner will turn the bread machine on	/10
Bread will taste proper	/20
Learner will properly clean up and sanitize area when done.	/10
Learner or teacher will not be food poisoned	/30
Total points	/100

Evaluation

Do you feel you can bake another loaf of bread given the correct materials and these instructions?

Where could have the directions been improved?

Does the instructor feel that/ you cooked the proper bread, and used proper kitchen cleaning techniques?

What additional resources could have been given to you to improve your bread baking experience?