

Week of April 6-10, 2020

Family and Consumer Sciences

Mrs. Pendergast-White

My office hours will be Monday 9-11, Tues 1-3, and Thursday 3-5. I will do my best to check my email multiple times each and every day in order to answer any questions that parents or students have. Please do not ever hesitate to contact me, I understand this is all new and stressful, and I am happy to answer any questions or help in any way possible in order to ease any stress on both parents and students.

Notes: Students may email me any completed work. If email is not an option, please feel free to drop work off at the Oakland School Foyer.

Email: danielle.pendergast-white@oakland5.org

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
Culinary Occ	Covid 19 Impact on Restaurants. Watch the news, read articles, videos, etc. You will find a ton of information on how Covid 19 is impacting the restaurant industry. Think about, reflect, and answer the questions on the handout regarding the restaurant industry and Covid 19. Email me your completed work or drop it off in the foyer.	Cook, Cook, Cook! Find a recipe, maybe one that we have wanted to try for Sip N Study but have not had the chance to do so. Create this recipe and complete the evaluation of the dish describing the Aroma, Color, Taste, Texture, and rate this. Do a brief write up of the recipe, tasks in preparing, and final product (1 page or less) Take a picture if you can and send it to me with the completed recipe evaluation via Email or drop it off in the foyer! I cannot wait to see this. Also, feel free to create a "Cooking Show" Video while you prepare the dish!	Famous Chef Project. Choose a famous chef from the list provided and research this chef. Include all information on the Famous Chef Project Worksheet. These will include pictures, early life, education/training, Mentors, Cuisine types/speciality dishes, awards/accomplishments, Famous for information, and four more interesting facts. You may create a poster or presentation. Send me a picture of the poster or a copy of the presentation or drop it off in the school foyer.

	<p>the utensil, describe the use and why someone would buy it! Send your finished product to me through email or drop it off in the school foyer.. Also, any questions just let me know!</p>		
<p>Resource Management</p>	<p>Review Consumer Rights in your Textbook on page 29. Complete the Consumer Rights Scenarios by reading the scenario and then determining which consumer right/and/or responsibility goes with the scenario. Write in complete sentences. You may email completed work or drop it off in the school foyer. Email me your answers if you can! Any questions just let me know.</p>	<p>Review your Consumer Rights on page 29 in the textbook. Read the Panera Letter to America and answer the questions that go with the letter regarding your consumer rights/responsibilities. Answer in complete sentences. Any questions just let me know! Email me your answers if you can, if not drop it off in the school foyer.</p>	<p>I have set up a Consumer Economics unit in Khan Academy for you. You can get on this, watch the videos, activities, and take the quizzes. Any questions just let me know. I am new at Khan so you may know more than I do, but the information is really great! I will check your progress in Khan.</p>
<p>Child Development</p> <p>Child Development Continues</p>	<p>Remember the research and presentations you did so amazing on about Child Safety & Hazards in the home? Read the Article "Is it Candy or Medicine? And answer the questions for the article in COMPLETE sentences. Email me your answers if you can, or drop it off in the school foyer! Any questions just let me know!</p>	<p>Remember the research and presentations you did so amazing on about Child Safety & Hazards in the home? Remember falls, burns, shock, small items, stairs, medicine, etc. You will become a small child and crawl and walk on your knees to get a "smaller" person perspective on dangers in your own home. Make a list of 10 things around your house that could be hazardous to a small child. You can write this on paper. You can create a Google Slide/PowerPoint Presentation and include</p>	<p>Remember the research and presentations you did so amazing on about Child Safety & Hazards in the home? Remember falls, burns, shock, small items, stairs, medicine, etc. You will create a video that focuses on at LEAST 10 safety hazards for young children. Include what the hazard is, how it is a danger for a child, and how to make it safe. Include your family in the video. Be creative and have fun! Email me your final product. Any questions just let me know!</p>

YEAST BREADS



Mixing & Kneading Dough

- Mixing combines ingredients into a smooth mass with no dry spots or lumps.
- Kneading, or repeatedly folding and pressing the dough after it is mixed, is done to develop gluten.
- Small quantities of dough can be kneaded by hand. While larger quantities are usually kneaded on the mixer with the dough hook.



USING YEAST

- Both fresh yeast and granulated dried yeast need to be mixed with the liquid ingredients in a dough recipe before adding the dry ingredients. This hydrates the yeast and allows it to be evenly mixed into the dough.



GLUTEN

- Gluten is the protein that gives dough its structure and elasticity.
- The more the dough is kneaded, the more gluten is developed.
- Recipe directions for how long and at what speed dough should be kneaded must be followed to create a finished product with the right texture.



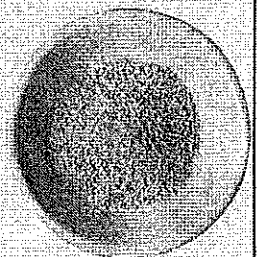
Liquid Temperature

- The optimum temperature for dissolving yeast is between 78°F and 82°F AKA lukewarm liquid.
- Liquids at temperatures over 138°F may kill the yeast organism rendering it ineffective.



FERMENTATION

- Yeast is a living organism that consumes carbohydrates found in flour, sugar, and other ingredients in dough.
- When carbohydrates are consumed by yeast, alcohol and carbon dioxide are released. This process is called fermentation.



FERMENTATION

- After kneading, yeast dough is allowed to ferment, which can take as long as two and a half hours.
- Fermentation is best done in a warm place with no drafts.
- The dough should be loosely covered.
- Bakers usually place the dough in an oiled container and brush oil on the surface of the dough so that a dry crust doesn't form.
- Fermentation is generally considered complete when the dough doubles in size.



Shaping the Dough

- If the dough is not shaped into a ball, it can be cut, flattened, rolled into long loaves, tied into knots, braided or sculpted to create a particular shape.
- Dough is often placed into a pan to give a desired shaped to the finished product.



FERMENTATION

- When fermentation is complete and the dough has risen, it is punched. The dough does not literally need to be punched, but rather pressed or folded.
- Punching, or folding, the dough allows carbon dioxide gas to be released.
- It also allows the yeast to come in contact with more "food" for the second fermentation in the proofing process. It should not be kneaded, or worked, at this stage.

COMMON DOUGH SHAPES

- Individual Rolls
 - Round
 - Cloverleaf
 - Knot-single, double, figure eight
 - Rings



Shaping the Dough

- After fermentation and punching, the dough is portioned by weight to create loaves or individual rolls of a uniform size. This is also called scaling.
- Most dough portions are first formed into balls. In this process, the surface of the dough is stretched to create a tight smooth surface on the topside of the ball. This helps the dough to rise evenly and retain its shape during proofing and baking.

COMMON DOUGH SHAPES

- Individual Rolls
 - Crescent
 - Club roll
 - Kaiser
 - Bagel



COMMON DOUGH SHAPES

- Loaves
 - Baguette
 - Boule
 - Pan loaf
 - Pullman
 - Rye

WASH

- When proofing is complete, the risen dough may be coated with a liquid, such as beaten eggs, milk, or water. This liquid, called a wash, gives the dough a particular color or creates a textured crust.
- The most common wash is beaten eggs, which gives the finished bread a deep brown color and glossy finish. Egg wash is also used to apply a coating of sesame, poppy or other seeds to breads or rolls.

Proofing

- Yeast dough is allowed to rise after it is shaped and before it is baked, which is called proofing.
- This step is important in creating the volume and texture of the finished bread.
- Many bakeshops use a proofbox set to 100°F for this step, which speeds up the process. The steam or humidity in the proof box prevents a dry crust from forming on the dough, which would keep it from rising.

Docking

- Docking is another technique applied to certain breads and rolls.
- Docking is the act of cutting small slashes in the surface of the risen dough.
- For a bread with a hard crust, the slits allow gases to escape during the baking process.
- The slashes also create a decorative pattern on the surface of the finished loaf.

Proofing

- If a proofbox is not available, dough can also be proofed in a warm place covered with a clean towel.

Baking

- Breads are baked at varying temperatures and for various times depending on their size and the desired crispness of the finished product.
- At the beginning of the baking process the dough rises due to the expansion of the gases present in the dough. Yeast is killed, moisture evaporates, and the starches and gluten in the dough become firm. Lastly, the dough browns creating a crust.

Baking

- When baking is complete, breads should be allowed to cool to room temperature before being sliced or served.
- Most bread is best stored at room temperature.
- Crusty breads lose their crispness if stored in the refrigerator. Refrigeration will also cause bread to become stale more quickly.
- Baked breads can be frozen for long-term storage.





Easy Cinnamon Rolls (from scratch)

★★★★★ 4.9 from 112 reviews

Prep Time: 1 hour, 40 minutes **Cook Time:** 25 minutes **Total Time:** 2 hours, 5 minutes

Yield: 11-12 rolls

These easy cinnamon rolls are perfect for yeast beginners because they only require 1 rise. Top with [vanilla icing](#) or my favorite coffee icing below.

Ingredients

Rolls

- 2 and 3/4 cups (345g) **all-purpose flour** (spoon & leveled)
- 1/4 cup (50g) **granulated sugar**
- 1 teaspoon **salt**
- 2 and 1/4 teaspoons **Red Star Platinum Yeast** or any instant yeast (1 packet)
- 1/2 cup (120ml) **whole milk**
- 1/4 cup (60ml) **water**
- 3 Tablespoons **unsalted butter**
- 1 large **egg**

Filling

- 3 Tablespoons (45g) **unsalted butter**, softened to room temperature
- 1 Tablespoon **ground cinnamon**
- 1/4 cup (50g) **granulated sugar** or packed light or dark **brown sugar**

Icing

- 1 cup (120g) **confectioners' sugar**
- 1/2 teaspoon **pure vanilla extract**
- 2-3 Tablespoons (30-45ml) **strong coffee** or **milk**

Instructions

- 1 **Make the dough:** Whisk the flour, sugar, salt, and yeast together in a large bowl. Set aside.
- 2 Combine the milk, water, and butter together in a heatproof bowl. Microwave or use the stove and heat until the butter is melted and the mixture is warm to touch (about 110°F). Pour into the dry ingredients, add the egg, and stir until it forms a soft dough or use your mixer.
- 3 On a lightly floured surface using floured hands, knead the dough for 3 minutes. Place in a lightly greased bowl (I use non-stick spray), cover loosely, and let rest for about 10 minutes.
- 4 **Fill the rolls:** After 10 minutes, roll the dough out in a 14x8 inch rectangle. Spread the softened butter on top. Mix together the cinnamon and sugar. Sprinkle it all over the dough. Roll up the dough tightly. Cut into 10-12 even rolls and arrange in a lightly greased 9-inch round cake pan or pie dish.
- 5 **Rise:** Tightly cover the rolls with aluminum foil or plastic wrap and allow to rise in a warm, draft-free environment for 60-90 minutes. See blog post above for my trick to this step!
- 6 **Bake the rolls:** After the rolls have doubled in size, preheat the oven to 375°F (190°C). Bake for 25-28 minutes until lightly browned. If you notice the tops are getting too brown too quickly, loosely cover the rolls with aluminum foil and

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continue baking.

- 7 **Make the Icing:** Whisk the confectioners' sugar, vanilla extract, and coffee/milk together. Drizzle or spread over warm rolls.
- 8 Cover leftover frosted or unfrosted rolls tightly and store for up to 3 days at room temperature or up to 5 days in the refrigerator.

Notes

- 4 **Make Ahead Instructions:** This dough can be made the night before through step 4. Cover with plastic wrap and let rest in the refrigerator overnight. The next morning, remove from the refrigerator and allow to rise in a warm environment, about 1 hour. Continue with step 6.
 - 7 **Freezing Instructions:** Baked rolls can be frozen up to 2-3 months. Thaw overnight in the refrigerator and warm up before enjoying. You can also freeze the unbaked rolls and here's how: bake the rolls in step 6 for only about 10 minutes at 375°F (191°C). Cool completely, then cover tightly and freeze. To serve, take the rolls out of the freezer and put into the refrigerator a few hours before serving. Then, finish baking them.
 - 9 **Milk:** Whole milk is ideal for this dough. If needed, you can substitute nondairy milk.
- Reference my [Baking with Yeast Guide](#) for answers to common yeast FAQs.

Did you make this recipe?

Tag @sallysbakeblog on Instagram and hashtag it #sallysbakingaddiction

Find it online: <https://sallysbakingaddiction.com/easy-cinnamon-rolls-from-scratch/>

Name: _____ Class: _____ Date: _____

Recipe Evaluation

Recipe Name: _____

Evaluation of Dish: Write a descriptive word for each of the categories listed below that you feel describes the dish. Use a scale of 1 to 5 to rate each category. (5= fantastic, 1= awful)

	Aroma	Color	Taste	Texture
Descriptive Word				
Rating				

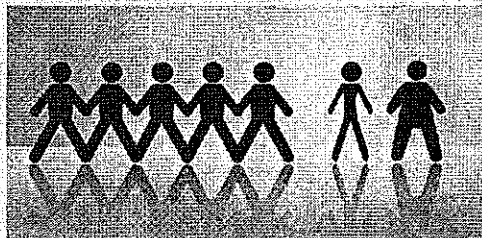
Overall Rating of Dish: Give an overall star rating of the dish (with 5 being fantastic and 1 being awful).



- Would you change anything if you made the dish again? Explain specifically what you would change. If you would not change anything, explain why not.

Choice 3
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The ABC's of Eating Disorders



Anorexia

- Self starves and eats little to no food.
- May compulsively exercise
- May weigh 15-20% below ideal body weight
- May have thinning hair, brittle hair, organ damage and possibly heart problems and even death
- Have a distorted view of their body
- Be obsessed with being thin

Eating disorders are serious and often deadly diseases affecting the mind and body.

Did you know...

4 out of 10 Americans have either suffered or have known someone who has suffered from an eating disorder



Effects Both Males & Females



Three Most Common Types

- Anorexia :
<https://www.youtube.com/watch?v=VGABq1uWzQ>
- Bulimia:
<https://www.youtube.com/watch?v=R3qISa3yms8>
- Compulsive Overeating:
<https://www.youtube.com/watch?v=QSk-4gOG4Fc>

Bulimia

- Extreme over-eating with high fat/calorie foods known as bingeing
- Purge foods typically by vomiting or laxative abuse
- Appear to be of normal body weight
- Possible tooth erosion, and esophagus/stomach problems
- Often visit restroom right after eating large quantities of food
- Secretive bingeing and hoarding of junk foods

Bulimia Continued



Stats

- General Statistics on Eating Disorders
- Eating disorders are a daily struggle for 10 million females and 1 million males in the United States.
- Four out of ten individuals have either personally experienced an eating disorder or know someone who has.

Compulsive Over Eating

- Regularly eat large quantities of food at one time but does not purge
- Eat quickly until uncomfortably full
- Typically weigh >30% or more of ideal body weight
- Excess body fat
- Can suffer from mobility and joint issues, heart disease, diabetes and even death

Possible Causes

- Family Influences: Stress, Control Issues & Situations Ex. Divorce
- Media: TV, ad campaigns, models, internet & even toys— See next slide for examples
- Low Self Esteem: Poor image, never good enough; striving for perfect *See next slide for examples



Compulsive Over Eating



What if Barbie...

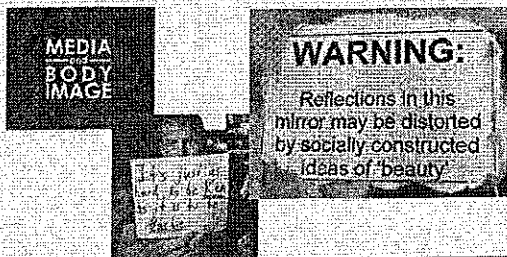
- looked like a real woman?



<https://www.youtube.com/watch?v=A5fMTWln3i8>

11 Facts About Body Image

- <https://www.youtube.com/watch?v=31Ajvix6DXs&feature=youtu.be>



How to Help

- Read the article together as a class and discuss what you can do if you suspect a friend has an eating disorder. Click on "Who Can Help?"
- http://kidshealth.org/PageManager.jsp?dn=girlshealth&lic=175&article_set=20286&ps=204&cat_id=20754

Food + Nut II
Choice 3
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ABC Eating Disorders

Under the correct eating disorders heading, write the LETTER of the related characteristic.

- A. Appear to be normal weight
- B. Secretive bingeing and hoarding of junk food
- C. Lack of control over eating habits and exercise
- D. Distorted body image
- E. Fear of becoming fat
- F. Typically weigh more than 30% of ideal body weight
- G. Possible effects are weight gain, high blood pressure, heart disease, and diabetes
- H. Often visits restroom after eating large quantities of food
- I. Obsessed with desire to be thin
- J. Tooth erosion and esophagus problems
- K. Extreme overeating with high fat / high calorie foods
- L. Excess body fat
- M. Possible hair loss - brittle bones - organ damage - death
- N. Regularly eat large quantities of food at one time
- O. Lose 20% of ideal body weight
- P. Purge foods by vomiting or laxative abuse
- Q. Restricting foods
- R. Eat quickly until uncomfortably full

<u>Anorexia</u>	<u>Bulimia</u>	<u>Compulsive Overeating</u>

PW

F+10 II
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Choice 3

The Day Off

Several friends had gathered at Jim's house during the day off from school last week. It was 12:30 and Dan suggested, "Let's order some pizza for lunch!"

"Don't you want my mom to make something for us?" asked Jim. "Oh no," said, Dan "Why give your mom extra work—and besides according to my Foods teacher, pizza is a meal in a slice!"

"Annie said, "I'm not hungry—I ate before I came." Dan said, "Annie, you never eat." "Yes I do", said Annie, "I have to watch what I eat or I'll get fat. I can't eat more than 500 calories a day so I write down everything I eat to be sure that I don't eat more than I should. And I take a vitamin pill every day because I learned that vitamin means VITAL FOR LIFE."

Bea was all for ordering the pizza. Dan asked Bea how she was able to stay so thin and yet she ate as much as the fellows. "Oh," said Bea, "I just take a few Ex-Lax or force myself to vomit if I eat too much. I love to eat, but like Annie, don't want to be fat."

Mark said that he wanted a couple of Twinkies and potato chips in addition to the pizza. "Make sure you order several....you know I can eat at least six slices by myself!"

"Well Joanie, are you in favor of the pizza?" asked Dan? "Oh sure," Joanie answered. "You know how I enjoy food—I'll just do some extra running and exercising tonight."

Answer the following questions:

1. Which of the girls had poor or unusual eating habits?
2. Explain why you think they were poor or unusual.
3. Which of the boys had poor or unusual eating habits?
4. Explain why you think they were poor or unusual.