

The Bread Basics Competitive Event is a State Event conducted at the NJ FCCLA State Leadership Conference. It is an **individual** event that gives students 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 LEARNING STANDARDS

SLSA.R4	Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.
SLSA.R7	Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.
RST.11-12.7	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., quantitative data, video, multimedia) in order to address a question or solve a problem.
W.11-12.8	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the strengths and limitations of each source in terms of the task, purpose, and audience; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and overreliance on any one source and following a standard format for citation.
SL.9-10.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with peers, building on others' ideas and expressing their own clearly and persuasively.
SL.9-10.6	Adapt speech to a variety of contexts and tasks, demonstrating command of formal English.
L.11-12.1	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
9.2.8.CAP.3	Explain how career choices, educational choices, skills, economic conditions, and personal behavior affect income.
9.2.12.CAP.6:	Identify transferable skills in career choices and design alternative career plans based on those skills.
9.2.8.CAP.9:	Analyze how a variety of activities related to career impacts postsecondary options.
9.2.8.CAP.12:	Assess personal strengths, talents, values, and interests to appropriate jobs and careers to maximize career potential.
9.2.8.CAP.16:	Research different ways workers/ employees improve their earning power through education and the acquisition of new knowledge and skills.
9.2.8.CAP.18	Explain how personal behavior, appearance, attitudes, and other choices may impact the job application process.
9.4.12.CI.3	Investigate new challenges / opportunities for personal growth, advancement, and transition.
9.4.8.CI.4:	Explore the role of creativity and innovation in career pathways and industries.
9.4.8.IML.3	Create a digital visualization that effectively communicates a data set using formatting techniques such as form, position, size, color, movement, and spatial grouping.
9.4.8.IML.7	Use information from a variety of sources, contexts, disciplines, and cultures for a specific purpose.
1.2.12acc.Cr1b	Organize and design artistic ideas for media arts productions.
1.2.12prof.Cn10a	Access, evaluate and integrate personal and external resources to inform the creation of original media artworks, such as experiences, interests and cultural experiences.
9.3.HT-RFB.1	Describe ethical and legal responsibilities in Food and beverage service facilities
9.3.HT-RFB.2	Demonstrate safety and sanitation procedures in food and beverage service facilities.

CAREER READY PRACTICES

- ✓ Apply appropriate academic and technical skills.
- ✓ Attend to personal health and financial well-being.
- ✓ Communicate clearly and effectively with reason.
- ✓ Demonstrate creativity and innovation.
- ✓ Employ valid and reliable research strategies.
- ✓ Use technology to enhance productivity.
- ✓ Utilize critical thinking to make sense of problems and persevere in solving them.
- ✓ Model integrity, ethical leadership, and effective management.

NATIONAL STANDARDS FOR FAMILY AND CONSUMER SCIENCES

- 8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods.
- 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
- 8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.
- 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
- 8.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.
- 14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.
- 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

EVENT CATEGORIES

- Junior:** Participants in grades 6-8
Senior: Participants in a comprehensive program in grades 9-12
Occupational: Participants in an occupational program in grades 9-12

ELIGIBILITY

1. Participation is open to any affiliated FCCLA member.
2. A chapter may submit one (1) entry for every twelve (12) affiliated chapter members for each event category with a maximum of three (3) entries per chapter.
3. An entry is defined as one (1) participant.
4. An event category is determined by the participant's grade in school and type of Family and Consumer Sciences program.

PROCEDURES & 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 (see the conference program for the exact time and location). 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 begun. The test may be given either electronically or with paper and pencil. The test given will include specific category-appropriate questions. Business attire or competition attire is required for the test.
2. Although this is an in-person event, each entry will have an assigned digital folder to submit their project materials via Google Drive. A link to submit materials will be provided to the adviser upon competitive event registration. All digital materials must be submitted by **March 15, 2022** and privacy settings must be viewable to anyone with the link.

3. Each entry must submit in the digital folder the following:
 - A. Project Identification Page
 - Participant Name
 - School Name
 - Chapter Name
 - Event Name (Bread Basics)
 - Event Category
 - Title of Recipe
 - B. Recipe of selected yeast bread item
 - C. Work Cited page with all the resources used to prepare for this event
4. At the State Leadership Conference site, each entry must submit a hard copy of the folder at the test location with one set of the following materials in one (1) letter sized file folder:
 - A. Project Identification Page
 - Participant Name
 - School Name
 - Chapter Name
 - Event Name (Bread Basics)
 - Event Category
 - Title of Recipe
 - B. Recipe of selected yeast bread item
 - C. Work Cited page with all the resources used to prepare for this event
5. The file folder must be labeled on the front cover, upper left corner as follows:
 - A. Participant Name
 - B. School Name
 - C. Chapter Name
 - D. Event Name (Bread Basics)
 - E. Event Category
 - F. Title of Recipe
6. The participant will have up to fifteen (10) 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 of the dough and shaping techniques and identify/discuss the number 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.**
7. 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.

8. At the conclusion of the demonstration, participant must dispose of the raw demonstration dough, clean the area and remove all demonstration items.

9. See GENERAL INFORMATION AND RULES of the Competitive Event guidelines.

BREAD BASICS SPECIFICATIONS

Written Objective Test

Each participant will be given twenty (20) minutes to complete an objective examination about yeast breads. The test will be given separate from the demonstration (see the conference program for the exact time and location). 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 begun. The test may be given either electronically or with paper and pencil. The test given will include specific category appropriate questions. Business attire or competition attire is required for the test.

Written Objective Test	The test will include, but is not limited to, ingredients, equipment, procedures, and the science of baking yeast bread.
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File Folder

A digital copy is sent prior to the conference and a "hard copy" file is presented to the facilitator at the conference test site.

Each participant will submit at the test location one (1) letter-sized file folder containing 1 stapled set of the materials listed below. The file folder must be labeled in the top left corner as follows:

- Participant Name
- School Name
- Chapter Name
- Event Name (Bread Basics)
- Event Category
- Title of Recipe

Project Identification Page	One 8½" x 11" page on plain paper, participant must include name, school name, chapter name, event name, event category, and title of recipe.
Recipe	On plain 8½" x 11" paper provide the typed recipe using standard recipe format for the selected yeast bread item.
Works Cited/Bibliography	Cite all references used to prepare for this event.

Technique Demonstration

The demonstration should provide a clear, step-by-step, visual demonstration of the skills and process used to create the selected yeast bread.

Personal Appearance	Wear appropriate and professional attire for baking.
Kneading/Developing	Use proper techniques that are strong and coordinated.
Shaping	Use correct techniques in both classic and creative shapes.
Work Area	Maintain a clean and organized work area.
Safety and Sanitation	Follow proper health, safety, and sanitation procedures.
Sampling of Product	Provide samples of finished recipe that demonstrate good texture, color, aroma, and taste.
Time Management	Participants should proactively plan and execute demonstration to coincide with the oral presentation.

Oral Presentation

The oral presentation and technique demonstration are delivered simultaneously. The presentation may be up to ten (10) minutes long and is delivered to evaluators. The presentation should discuss the step-by-step process in the preparation, kneading, proofing, and shaping of the selected yeast bread. The presentation should concentrate on explaining information about preparation, baking, and serving of the selected yeast bread.

Knowledge of Ingredients	Participant should discuss the ingredients and their functions in the preparation of selected yeast bread.
Nutrition of the Product	Participant should discuss nutrition and health as it relates to their yeast bread product.
Presentation Delivery	Presentation is organized with a logical flow. Speak clearly with appropriate pitch, tempo, and volume. Use appropriate body language, including gestures, posture, mannerisms, eye contact, and appropriate handling of notes if used. Use proper grammar, word usage, and pronunciation.
Responses to Evaluators' Questions	Provide clear and concise answers to evaluators' questions regarding project and subject matter following the presentation.

BREAD BASICS RATING SHEET

Name _____ School _____

Check One Event Category: _____ **Junior** _____ **Senior** _____ **Occupational**

INSTRUCTIONS:

Write the appropriate rating under the "SCORE" column. Points given may range between 0 and the maximum number indicated. Where information is missing, assign a score of 0. Total points and enter under "TOTAL SCORE."

Evaluation Criteria	Very					Score	Comments	
	Poor	Fair	Good	Good	Excellent			
OBJECTIVE TEST								
Written Objective Test	0-4	5-8	9-12	13-16	17-20			
FILE FOLDER								
Recipe uses standard format and provides all information	0-2	3-4	5-6	7-8	9-10			
Work cited/ Bibliography	0		1		2			
TECHNIQUE DEMONSTRATION								
Personal Appearance	0-1	2	3	4	5			
Technique: Kneading/Developing	0-2	3-4	5-6	7-8	9-10			
Technique: Shaping	0-2	3-4	5-6	7-8	9-10			
Work Area: Organized and Clean	0-1	2	3	4	5			
Safety and Sanitation	0-1	2	3	4	5			
Sampling: Texture, color, aroma and taste	0-2	3-4	5-6	7-8	9-10			
Time Management	0-1	2	3	4	5			
ORAL PRESENTATION								
Knowledge of Ingredients	0-2	3-4	5	6-7	8			
Presentation Delivery: Organized, uses appropriate body language, voice, grammar, and pronunciation	0-1	2	3	4	5			
Nutrition of Product Responses to Evaluators' Questions	0-1	2	3	4	5			

Total Score _____

Verification of Total Score (please initial)

Evaluator _____

Room Consultant _____

Lead Consultant _____

Circle Rating Achieved:

Gold: 90-100

Silver: 79-89

Bronze: 70-78