

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** BAK 288    **Credits:** 3

**Course Title:** Health-conscious Baking

**Course Description:**

Provides students with an understanding of the ingredients and methods used in creating healthy and special needs breads, pastries, cookies, and other desserts. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week. 3 credits

**General Course Purpose:**

This course consists of a study of healthy and special needs baking and pastry. Students gain practical experience by applying methods of production to low fat and fat-free cakes, pastry work, yeast products, quick breads, and the ingredients that comprise them. Discussion and lab activities address accommodation of special needs, including celiac disease, diabetes, vegan, and other special requirements. This course also introduces students to healthier ingredient alternatives and the cost-benefit decisions involved.

**Course Prerequisites/Corequisites:**

None.

**Course Objectives:**

Upon completing the course, the student will be able to:

- Discuss and raise awareness for the need of healthier baking alternatives;
- Discuss and apply the function of the ingredients in healthy and special needs baking;
- Identify and produce a variety of baked products for healthy eating, special dietary needs, and requirements, including fat-free, sugar-free, low-calorie, high-fiber, diabetic, gluten-free, and vegan foods, and those that are prepared to reduce exposure to food allergens;
- Apply pastry shop principles to address special needs diets;
- Recognize quality standards for healthy baked goods;
- Identify mixing, handling, baking, and storing methods that are unique to healthy baking;
- Evaluate items based upon taste, flavor, texture, appearance, and diet application;
- Identify sources of supplies and their costs - special flours, sugars, and alternative ingredients to promote healthy baking;
- Develop and reinforce basic organizational skills and procedures; and
- Demonstrate skills of the profession, including teamwork, decision-making, and

- Healthier baking alternatives and function of ingredi
- Special dietary needs
- Pastry shop principles
- Mixing, handling, baking, and storage methods
- Sources of healthy baking supplies and their costs

- Quality standards
- Evaluating healthy and special needs baked goods
- Basic organizational skills and procedures
- Professionalism: