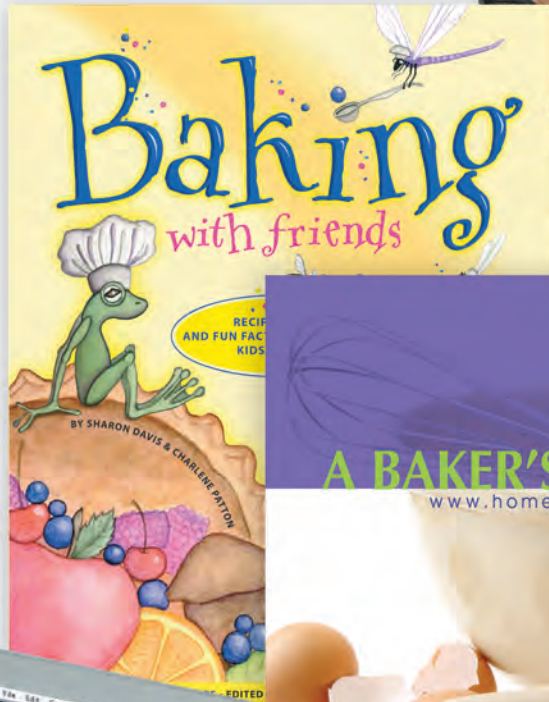


A BAKER'S PANTRY OF RESOURCES

lab thirteen



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What's New at the Home Baking Association?

Introducing a whimsical baking book for children to explore the art of baking. Includes activities, vocabulary and other educational resources to teach baking.

For more information about this title by Sharon Patton and Sharon Davis of the Home Baking Association, [click here](#).

Presentations

Why Bake? (09) PowerPoint ▶

Reference
Recipes (09) PowerPoint ▶

Great news!

Forward Winner

What's Baking?

Giant Blueberry Muffins



Easy to make and they taste great!

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[Family baking activities and recipes!](#)





A BAKER'S PANTRY OF RESOURCES

Lab 13

Introduction: A Baker's Dozen Labs are an introduction to baking and its multiple sciences. Lab 13 is devoted to offering the best at-your-fingertips place to go for more...more baking ingredient knowledge, food history, nutrition, ingredient and product guidance, techniques, baking education and on-line resources.

Become a pro at using available resources to make the investment in quality ingredients and baking time count for health and wellness of both planet and people.

Outcomes:

1. Identify reliable sources of baking ingredient and product handling, preparation and storage information.
2. Choose a baking resource to read, review and relate information to others to build consumer food handling skills.
3. Apply food handling and storage guidelines to the products prepared in labs, at work and at home.
4. Read and evaluate the dates on baking ingredients and products in the lab or at home.
5. Determine a method to manage ingredients in the freezer and pantry with First In First Out (FIFO) principals.
6. Select and apply storage methods that prevent rancidity, mold, freezer burn or staleness in baking ingredients and baked products.



For Teacher:

- Review package label date terminology (see text box) and Food Marketing Institute web-site for resources, www.fmi.org/consumer/
- Copy Keeping Food Safe information, baking ingredient and product storage guidelines, and Resources and References for student binders.
- Make or bring examples of bread that is "freezer burned," "stale," "moldy," and "rancid" (nuts or oil).
- Identify with the students how to choose the correct storage method, location and length of time for baking ingredients and baked products.
- Schedule a visit to a food service kitchen, OR have a school food service manager come to tell students what they do to apply FIFO and good food storage/handling in a kitchen.

Terms and Techniques to Know

Baker Terms: Look these terms up in the Glossary and know their meaning.

Danger zone

Dry ingredients

FIFO

Freezer burn

Humidity

Pantry

Mold

Rancid

Stale

- Provide examples of where to store cleaning products away from food ingredients.
- Demonstrate how to cool, wrap and date foods for the freezer.
- Show how to check the temperature of the freezer and refrigerator.

Assign Students to:

- Study the Label Date terms, Keeping Food Safe, and handling and storage guidelines.
- Select a baking resource web-site **and** book (both) to review and report on for the class.

Take 10 Skill Drill

1. Select 10 packaged baking ingredients and mixes and determine their freshness based on the label information, sight, and smell. State how each should be stored.
2. Make a list of items that could be used to apply "FIFO" and reduce food waste or spoilage. (**A:** Keep in kitchen freezer wrap/foil; freezer weight plastic bags; standard weight plastic bags; permanent marker to write dates.)
3. Practice being a kitchen inspector. List three to five steps to take to start managing ingredients and products better. (**A:** Clean food cupboards, place older items to front; clean refrigerator and reorganize for better circulation; place a thermometer in the fridge to check temperature; date items; group items used in similar food preparations; find place for cleaning supplies separate from food.)
4. Create and share a way to remember the four keys to food safety: *clean:separate:cook:chill*. Read more at www.fsis.usda.gov and www.BeFoodSafe.org (U.S. Dept. of Agriculture, Food Safety Inspection Service) OR, the Partnership for Food Safety Education, www.fightbac.org
5. Add "use-by" dates to baked products in the freezer based on the storage guide included in this lab.

Food Label Dates

"Closed" or **"coded"** dating might appear on shelf-stable products such as cans and boxes of food. Each food manufacturer has their own code.

"Sell by date" How long the food can be displayed for sale, allowing a reasonable amount of time after the purchase in which the product can be used. Consumers should always purchase food before the **"sell by date"** expires.

"Best if used by date" Cereals and dry packaged foods are not at their best quality after this date, but can still be used safely for a short period of time thereafter.

"Expiration" or **"use by date"** Foods such as unbaked breads should not be purchased or consumed after the use-by or expiration date. The freshness date is located on the food package and serves as an indicator of product quality.

Sources: Food Storage Guidelines. 2009. Virginia Cooperative Extension, VA Polytechnic Institute and State University.

www.ext.vt.edu

USDA Food Safety. More at: www.fsis.usda.gov

Storage Guidelines for Baked Goods and Ingredients

Every day landfills receive food and ingredients that were simply poorly handled after purchase, preparation or storing. The environmental costs in wasted energy used to produce and transport these never-to-be-enjoyed ingredients or foods is significant. In addition, the monetary costs are passed on to consumers at the check-out lane.

Pantry Storage: Most dry baking ingredients and mixes can be stored at room temperature using these guidelines:

- Look for and apply the package dates. Replace ingredients with fresh for best results as needed. (See Food Label Dates.)
- Read the package label for the company's storage guidelines too.

In general, store dry ingredients:

- sealed or tightly covered.
- in a clean, dry (less than 60% humidity) place, away

from light.

- in a cool (less than 85° F., best at 50° to 70° F.) cabinet or shelf.
- away from the stove or refrigerator's exhaust.
- off the floor and on a shelf or in a cabinet.
- separated from cleaning or non-food supplies.
- **whole** grains, meal, flour, wheat germ or cereals and vegetable oil/shortening could be stored away from heat at room temperature if they will be used within a month. If they are kept longer, wrap and refrigerate or freeze.

Refrigerator: Temperature—34° to 40° F.
(above freezing, under 40° F.)

- Refrigerate baked goods that contain perishable fillings.
- Do not refrigerate yeast breads and rolls (See Handling Bread and Rolls).
- Butter, margarine and shortening—store in coldest part of refrigerator when storing unopened package. Store small amount in butter compartment for immediate use.
- Eggs should be stored in their original carton to keep freshest.

Freezer: Freeze food at 0° F. or below.

- Avoid over-loading or stacking foods to freeze.
- Freeze as soon after baking and cooling as possible. For best quality, wrap when cooled (internal temperature—78° to 90° F) , in two thicknesses of an airtight, moisture and vapor-proof material to avoid air and moisture forming on surface of food (freezer burn results). Ex: Foil, plastic wrap, plastic bags, airtight containers.
- During freezing, the water in food freezes and the resulting ice crystals do affect the texture of foods.
- The package should not be more than about 4-inches thick for quick freezing.
- In the freezer, leave space between packages so air can circulate around them. Then, when the food is frozen, stack or move the foods closer together.
- While a food will remain safe indefinitely at 0° F., quality declines over time. In general, plan to use frozen baked goods in three months or less.

Storage-At-A-Glance

Using the best storage method, for best quality, use by:

Baked goods: Frozen; 0-3 months

Baking powder: Sealed, cool, dry place; 1 year

Baking soda: Cool, dry place, closed; 1 year

Butter: One week past package date in coldest refrigeration

Cheese: 35-40° F. – package date

Chocolate: Sealed, cool, dry place, 60°-70° F. – 18 months

Cocoa: Cool, dark, dry place, sealed – indefinitely

Corn starch: 18 months

Corn syrup: Sealed – up to 3 years

Eggs: In carton, under 40° F. – 0 to 3-5 weeks from purchase or sell by date

Enriched flour/meal: Sealed, room temperature – 6-8 months

Mixes: Cool, dry place – 9 months or use-by date

Extracts: Tightly closed, cool, dark, dry place

Nuts, seeds: Unshelled, refrigerated – 8 months; shelled refrigerated – 4 months; frozen – 8 months

Oats: Room temperature – 6 months

Raisins: Pantry shelf, sealed – 6 months; conditioned, sealed, refrigerated – 3-6 months

Spices: Cool, dark place, sealed-whole – 1 year; ground – 6 months; freeze for longer shelf life

Sugars: Sealed, brown – 4 months; confectioners – 18 months; granulated – 2 years

Vegetable oil: Opened – 1-3 months; sealed – 6 months

Whole grain flour and meal: Room temperature – under one month; frozen, sealed in plastic – one 1 year or more

Yeast: Sealed, coldest refrigeration or freezer – use package expiration date

Storage information: North Dakota State U. Extension Publication #579.

<http://www.ag.ndsu.edu/pubs/yf/foods/fn579.pdf>

Bakers Tips

- Bulk (100 bags), large-sized food plastic bags and containers are available at www.kingarthurflour.com
- Thawing the ice crystals in the bag or container with the baked goods should not be shaken out, but allowed to reabsorb into the product. These same types of foods thaw rapidly and are best thawed on the counter.

Frozen Baked Goods Guide

Baked goods such as bread, rolls, cakes, cookies, and pie crusts are low in moisture and freeze well with little change in their texture. Here are some general use-by guidelines:

Baked Product	Stored at 0° F., use in
Unbaked bread or rolls	1 month
Par-baked pizza crust or rolls	2 months
Baked yeast breads	2 to 3 months
Baked quick breads	2 months
Baked muffins	6 to 12 months
Waffles, pancakes	1 month
Cookie dough	3 months
Baked cookies	6 to 12 months
Angel cakes	6 to 12 months
Unfrosted baked cakes	2 to 4 months
Frosted baked cakes	1 month
Cake batter	1 month (use of double-acting baking powder recommended)
Baked fruit pies/tarts	6 to 8 months
Unbaked fruit pies/tarts	2 to 4 months
Unbaked freezer pie shell	2 months

Source: North Dakota State University Extension Food & Nutrition 579. Food Storage Guide. 2006.
<http://www.ag.ndsu.edu/pubs/yf/foods/fn579.pdf>

Resources and References:

For Teacher: The following textbook baking resources are standards in teaching baking and have served as references in preparing the labs.

Baking & Pastry. Johnson & Wales University. January 2009. Published by Pearson/Prentice Hall. ISBN: 0135133580 and ISBN: 9780135133583.

Baking Science & Technology: Volume 1, Fundamentals & Ingredients. E.J.Pyler and L.A. Gorton. 4th Edition. 2008. Sosland Publishing Co., 4800 Main St., Suite 100, KC, MO. 64112. ISBN: 978-0-9820239-0-7. www.bakingbusiness.com

Breads: The Significant Edge. A Guide to Specialty Breadservice. Sharon Davis. www.wheatfoods.org

Food Science and You. Kay Mehas and Sharon Rodgers. 1994-2001. Glencoe/McGraw Hill. Sacramento, CA. ISBN: 0026770164.

The Wheat Foods Network. Educational Guide. www.wheatfoods.org

Practical Baking. William J. Sultan. 5th Edition, 1990. Van Nostrand Reinholdt. 115 Fifth Avenue, New York, NY. 10003. ISBN 0-442-31956-8.

Professional Baking. Wayne Gisslen. John Wiley & Sons. Hoboken, NJ. 2005. ISBN: 0-471-46427-9

Recipes into Type. Joan Whitman and Delores Simon. 1993. HarperCollins Publishers. New York, NY. ISBN 0-06-270034-0.

The Art and Science of Culinary Preparation. Jerald W. Presser. The Educational Institute of the American Culinary Federation, Inc. St. Augustine, FL. 1992. ISBN: 0-9631023-1-1.

The Recipe Writer's Handbook. Revised and expanded. Barbara Gibbs Ostmann and Jane L. Baker. 2001. John Wiley & Sons. 605 Third Avenue, NY, NY. 10158-0012. ISBN 0-471-40545-0.

Baking Help Lines and Blogs:

Argo Corn Starch: P: 1-866-373-2300

Bob's Red Mill: P: 1-800-349-2173; Blog www.bobsredmill.com/blog

C&H Sugar: Call or write us: C&H Sugar Company, Inc., Consumer Affairs 830 Loring Avenue, Crockett, CA 94525, P: 1-800-773-1803 and <http://www.chsugar.com/Consumer/contact.php>

Cabot Cheese: P: 1-888-792-2268

Clabber Girl Baking Powder Baker's Blog: www.clabbergirl.com/blog/

Domino Sugar: P: 1-800-729-4840 and www.dominosugar.com/contact-us

Dromedary Cake Mixes: P: 1-800-247-5251 (9 a.m. to 4 p.m., weekdays)

Fleischmann's Yeast: P: 1-800-777-4959

California Raisin Marketing Board: Words of Wisdom blog. www.loveyourraisins.com

Gold Medal Flour: Real Baking with Rose Blog. www.realbakingwithrose.com/ Please call us at P: 1-800-446-1898 (7:30 a.m. to 5:30 p.m. CT, weekdays) www.ScratchBakersClub.com

Grain Talk Blog. www.wheatfoods.org

Great American Bake Sales. Help end childhood hunger. www.gabs.strength.org

House-Autry Mills: Ask Chef Pat. www.house-autry.com/chefs-corner or call P: 1-800-849-0802 (8 a.m. to 5 p.m. ET, weekdays)

Hodgson Mill: P: 1-800-347-0105, Email: CustomerService@HodgsonMill.com

Jiffy Baking Mix: P: 1-800-727-2460

Kansas Wheat Commission: P: 1-866-759-4328 and www.kswheat.com

King Arthur Flour Baking Questions: Baking Banter, www.kingarthurfour.com P: 1-802-649-3717

Land O' Lakes: Blog: www.landolakes.com/blog/ OR P: 1-800-328-4155

Martha White Foods: P: 1-800-663-6317 (8 a.m. to 6 p.m., CST)

Pillsbury Consumer Relations: P: 1-800-767-4466

Red Star and LeSaffre Yeast: P: 1-800-445-4746 (8 a.m. to 4 p.m. CST, weekdays), Email: Carol.Stevens@lsaf.com

Sokol Company Solo® Pastry and Cake Fillings and Marshmallow Crème: P: 1-800-EAT-SOLO (1-800-328-7656) or Email: info@solofoods.com

Baking Ingredients, Products and Equipment Web-sites:

Argo Corn Starch – www.argostarch.com
Bob's Red Mill Natural Foods – www.bobsredmill.com
C&H Sugar – www.chsugar.com
Cabot Cheese – www.cabotcheese.coop
California Raisin Marketing Board – www.loveyourraisins.com/baking
Cereal Foods Processors, Inc. – www.cerealfood.com-Wall-Rogalsky (WR Flour) Flour
Chelsea Milling Company – www.jiffymix.com
Clabber Girl – www.clabbergirl.com
Colorado Wheat – www.coloradowheat.org
Colorado Wheat Administrative Committee – www.coloradowheat.org
Domino Sugar – www.dominosugar.com
Dromedary Cake Mixes – www.dromedarycakemix.com
Farmer Direct Foods, Inc. – Hard white wheat berries, whole white wheat flour, bran, bulgur, mixes.
www.farmerdirectfoods.com
Fleischmann's Yeast – www.breadworld.com
Gold Medal Flour – www.bettycrocker.com
Great American Bake Sales – www.gabs.strength.org
Home Baking Association – www.homebaking.org
Hodgson Mill, Inc. – www.HodgsonMill.com
Hopkinsville Milling Company – www.sunflourflour.com
Kansas Wheat Commission – www.kswheat.com
King Arthur Flour Company – www.KingArthurFlour.com
Land O'Lakes – www.landolakes.com
Lesaffre Yeast Corporation/Red Star Yeast – www.redstaryeast.com
Martha White Foods – www.marthawhite.com
North American Millers' Association – www.namamillers.org
Rabbit Creek Gourmet Mixes – www.rabbitcreekgourmet.com
Shawnee Milling Company – www.shawneemilling.com
Sokol and Company Solo® Pastry and Cake Fillings and Marshmallow CrèmeWebsite – www.solofoods.com
South Dakota Wheat Commission – www.sdwheat2.org
Stafford County Flour Mill – www.staffordcountyflourmills.com
Stone-Buhr Flour Company – www.stone-buhr.com
The Sugar Association – www.sugar.org
Ultra-grain® Flour, Eagle Mills – www.ultragrain.com
Washington Grain Commission – www.washingtongrainalliance.com

For Students and Teachers: The following baking books enhance baking ingredients and product knowledge, food history, and practice. Many are available in libraries. They will be helpful in researching Student DIY Baking Topic reports throughout the labs.

Baking, Food History and Science:

A Baker's Dozen Labs. Sharon Davis with Charlene Patton, Cindy Falk, Betty Kandt and Connie Nieman. Home Baking Association. Thirteen ingredient labs each with baking science, critical thinking, computer labs, three experience levels of baking labs, local service connections, resource section, appendix and full baking glossary.
www.homebaking.org

Agave Nectar: How-to-use this new natural sweetener in baking. www.chsugar.com and www.dominosugar.com

All American Cookie Book. Nancy Baggett. Houghton Mifflin. NY. 2001. ISBN: 0-395-91537-6. www.kitchenlane.com

America's Bread Book. Mary Gubser. Illus. Pat Biggs. William Morrow & Co. NY, NY. 1985. ISBN: 0-688-04176.

An African American Cookbook: Traditional and Other Favorite Recipes. Phoebe Bailey. Good Books, PA. 2002. ISBN: 1-56148-352-4 www.goodbks.com

Artisan Baking Across America. Maggie Glezer. Workman Publishing Co, NY, NY. 2000. ISBN: 1-57965-117-8. www.workman.com

Bakers Dozen Lessons for Better Baking, DVD. Thirteen baking ingredient function and science segments demonstrating baking ingredient use, procedures and terms. www.homebaking.org

Baking Illustrated. The Practical Kitchen Companion for the Home Baker. 2004. Cook's Illustrated Editors. America's Test Kitchen, Brookline, MA. 02445. ISBN: 0-936184-75-2 www.americastestkitchen.com

Baking 9-1-1: The Answers to the Most Frequently Asked Baking Questions. Sarah Phillips. Fireside. Rockefeller Center, 1230 Avenue of the Americas. NY, NY. 10020. 2003. ISBN 0-7432-4682-9. www.baking911.com

Baking with Friends. Sharon Davis and Charlene Patton. Home Baking Association with Goops Publishers. 2010. www.homebaking.org

Baking with Julia. Dorie Greenspan. William Morrow and Co., NY, NY. 1996. ISBN: 0-688-14657-0.

Betty Crocker's Best of Baking. Betty Crocker Kitchens Home Economists. General Mills Inc, Mpls., MN. Simon & Schuster Macmillan Co., NY, NY. 1997. ISBN: 0-02-862066-6

Betty Crocker's Kids Cook! Betty Crocker Kitchen Editors, General Mills, Inc. MacMillan Publishing, NY, NY. General Mills, Inc., PO Box 1113, Minneapolis, MN 55440-1113. 1999; 2007. ISBN: 0-02-863406-3. www.bettycrocker.com

Biscuits and Scones. Elizabeth Alston. Clarkson, N. Potter, Inc. NY. 1988. ISBN:0-517-56345-2.

Celebrating Our Mothers' Kitchens. The National Council of Negro Women, Inc. The Wimmer Companies, Inc. Memphis, TN. 1996. ISBN: 1-879958-23-6.

Cooking Wizardry for Kids. Margaret Kenda and Phyllis Williams. Barron's Educational Series. Hauppauge, NY. 1990. ISBN: 0-8120-4409-6. www.barronseduc.com

Exploring History through Simple Recipes. Individual titles include Native American Cooking; Cowboy Cooking ISBN: 0-7368-0353-X; Pioneer Cooking; Cooking on the Lewis and Clark Expedition, ISBN: 0-7368-0354-8; Southern Plantation Cooking, ISBN: 0-7368-0357-2; Oregon Trail Cooking, ISBN: 0-7368-0355-6. Mary Gunderson. Blue Earth Books, Capstone Press. 2000.

Electric Bread for Kids. Ann Parish. Innovative Cooking Enterprises, Inc. Anchorage, AK. 1998. ISBN 1-891705-00-8.

Food for Fifty. Mary Molt. Prentice Hall. 12th edition, REV. January 2005. ISBN-13: 9780131138711.

Food Journal of Lewis and Clark. Mary Gunderson. History Cooks. Yankton, SD. 2003. ISBN: 0-9720391-0-4. www.historycooks.com

Food allergies. Food allergy management practices and guidelines.

National Institute of Allergy and Infectious Diseases (NIAID). www.niaid.nih.gov/topics/foodallergy/clinical/pages/default.aspx

The American Academy of Allergy, Asthma and Immunology 1-800-822-2762; www.aaaai.org

Food Allergy Network cooking and baking. 1-800-929-4040; www.foodallergy.org

Gluten-Free Guidance. Celiac Sprue Association Toll Free: 877-CSA-4CSA www.csaceliacs.org
Email: celiacs@csaceliacs.org

Myths and Facts about Food Allergies. The International Food Information Council Foundation, www.foodinsight.org

Wheat Foods Council. On-line Fact Sheet. Gluten and the Diet. www.wheatfoods.org Resources/Professional

Food Lover's Companion. Sharon Tyler Herbst and Ron Herbst. Barron's Educational Series. Hauppauge, NY. 2007. ISBN-13: 978-0-7641-3577-4. ISBN-10: 0-7641-3577-5. URL: www.barronseduc.com

High Altitude Baking. Patricia Kendall. Colorado State University. Big Earth Publishing Co., 3D Press, Boulder, CO. 2005. 2nd Edition. ISBN: 1-889593-15-X. P: 1-800-258.5830 or www.bigearthpublishing.com

Hodgson Mill Whole Grain Baking. The Bakers at Hodgson Mill. Fair Winds Press, Quayside Publishing, Beverly, MA. 2007. ISBN: 1-59233-261-7. www.hodgsonmill.com

King Arthur Flour Baker's Companion. The King Arthur Flour Company. The Countryman Press, Woodstock, VT. 2006. ISBN-13: 978-0-88150-719-5 ISBN-10: 0-88150-719-9. www.kingarthurfour.com

King Arthur Flour Whole Grain Baking. The King Arthur Flour Company. The Countryman Press, Woodstock, VT. 2003. ISBN: 0-88150-581-1. www.kingarthurfour.com

Kids in the Kitchen. Micah Pulley & Sarah Bracken. Sterling Publishing, NY. 1994. ISBN: 0-8069-0447-X.

Kitchen Companion. The A to Z Guide to Everyday Cooking Equipment and Ingredients. Mary Goodbody, Carolyn Miller, and Thy Tran. Illus. Alice Harth. Weldon Owen Inc. and Williams-Sonoma, San Francisco, CA. 2000. ISBN: 0-7370-2051-2.

Kitchen Lab. Michael Elsohn Ross, illustrated by Tim Seeley. Carolrhoda Books, Lerner Publishing, Mpls, MN. 2003. ISBN: 0-87614-625-6 URL: www.lernerbooks.com

Loaves of Fun. Elizabeth M. Harbison. Chicago Review Press, Chicago, IL. 1997. A history of bread with activities and recipes from around the world. ISBN: 1-55652-311-4.

Lost Recipes. Meals to Share with Friends and Family. Marion Cunnigham. Alfred A. Knopf, Random House Inc, NY, NY. 2003. ISBN: 0-375-41198-4.

More with Less Cookbook. Doris Janzen Longacre. Herald Press, Scottsdale, PA. 1976-2003. ISBN: 0-8361-1786-7

Solve it with Salt. 110 Surprising and Ingenious Uses for Morton Salt! Patty Moosbrugger. Three Rivers Press. Crown Publishers. 201 East 50th St., NY. 10022. 1998. ISBN: 0-609-80234-8

What Einstein Told His Cook. Kitchen Science Explained. Robert L. Wolke and recipes by Marlene Parrish. W.W. Norton & Co. NY, NY. 2002. ISBN: 0-393-01183-6. www.norton.com.

Students can help build literacy with both reading and foods by merging the activities. For a more complete list refer to:

Book and Bake Literature Connections:

Michigan State University Team Nutrition Book List. Healthy Reading.

An annotated list of 400+ children's books with positive food and physical activity messages. Contact: Michigan Dept. of Education, Team Nutrition. T: 517-373-3324 www.michigan.gov/documents/mde/UpdatedMichiganTeamNutritionBooklist_290287_7.pdf

Book and Bake literature connections in the labs include:

Baking with Friends. Sharon Davis and Charlene Patton. Home Baking Association with Goops Publishing. 2010. www.homebaking.org

Bread Bread Bread. Ann Morris. Photography, Ken Heyman. 1989. William Morrow & Co., NY. ISBN: 0-688-12275-2. (Also a Reading Rainbow videotape.)

Bread Comes to Life. A Garden of Wheat and a Loaf to Eat. George Levenson. Photographs by Samuel Thaler. 2004. Tricycle Press. Berkeley, CA. ISBN: 1-58246-114-7 www.tenspeed.com OR www.breadcomestolife.com 1-800-841-BOOK

The Food Journal of Lewis & Clark: Recipes for an Expedition, Gunderson, Mary, History Cooks(R) 2003. www.historycooks.com

Everybody Bakes Bread. Norah Dooley. 1996. Carolrhoda Books, Inc. ISBN 0-87614-895-X www.lernerbookds.com

Latkes and Applesauce. A Hanukkah Story. Fran Manuushkin. Scholastic, Inc., NY 1990. ISBN: 0-590-42261-8

Magic School Bus Gets Baked in a Cake. Joanna Cole. Scholastic, Inc., NY. 1995. A book about kitchen chemistry. ISBN: 0-590—22295-3

Read Across America. www.nea.org

The Pumpkin Runner. Marsha Diane Arnold. Dial Books for Young Readers. 1998. ISBN: 0803721242

The Sleeping Bread. Stefan Czernecki and Timothy Rhodes. Hyperion, NY, NY. 1992. ISBN: 1562821830

Tony's Bread. Tomie De Paola. A Whitebird Book. G.P. Putnam & Sons. NY. 1989. ISBN: 0-399-21693-6

Marvin and the Great North Woods. Lasky, Kathryn. Harcourt Brace & Co. NY. 1997. ISBN: 0-15-200104-2

Walter the Baker. Carle, Eric. Scholastic, Inc, NY. 1996. Young readers. Explore how the pretzel may first have been made. ISBN: 0-590-44452-2.

Yoko. Wells, Rosemary. Hyperion Books for Children. NY. 1998. ISBN: 0-439-10472-6

Food Skills to Teach Nutrition and Wellness:

Be a Cabot All-Star Chef. PDF Teacher activity for using favorite student recipes with healthier ingredients by using a local chef and rating recipes with all-star criteria. cabotcheese.coop/edprograms

Bell Institute of Health and Nutrition, Whole Grain Teaching Resources. www.bellinstitute.com

ChooseMyPlate grain food resources, Glencoe On-Line Learning Centers. Family and Consumer Sciences. www.glencoe.com

Healthy Kids Challenge Network. Available wellness solutions for kids--ready-to-use school newsletter, tool kits, grants. www.healthykidschallenge.com

How to Teach Nutrition to Kids. Connie Liakos Evers, MS, RD. 24 Carrot Press, Tigard, OR. 2008. ISBN:0-9647970-3-8
URL: www.nutritionforkids.com

Kids a Cookin' and Movin'. Kansas State University. Spanish and English food skill teaching aides and on-line video demonstrations. www.kidsacookin.org

Living Well. National Extension Association of Family & Consumer Sciences. www.learningandlivingwell.org

NASCO On-line Lessons for Family & Consumer Sciences, Culinary, Health, Nutrition. Click on Education at www.eNasco.com

Baking Periodicals:

The Baking Sheet. (ISSN: 1087-3600) Bi-monthly newsletter. Published by The King Arthur Flour Company. 58 Billings Farm Road, White River Junction, VT 05001. Susan Reid, editor. Contact: customercare@kingarthurflour.com or P: 800.827.6836

Cook's Illustrated. (ISSN: 1068-2821) Bi-monthly. Published by Boston Common Press Limited Partnership, 17 Station St. Brookline, MA 02445. P: 800.526.8442 www.cooksillustrated.com

FamilyFun magazine. 10 issues annually. Published by Disney. www.FamilyFun.com

FoodBusinessNews. (ISSN: 1554-3498) Weekly news, markets and analysis for the baking and food processing industry. Published by Sosland Publishing Company, 4800 Main Street, Suite 100, Kansas City, MO 64112
P: 816.756.1000. E: mbn@sosland.com www.foodbusinessnews.net

Home Baking e-news: Monthly educator e-newsletter from the Home Baking Association. Sign up at www.homebaking.org Also check out member e-newsletters at our member links!

Human Resources, Printed Guides, Brochures, Downloadables:

Alpha-Bakery. Children's Cookbook. Gold Medal Flour. 1997. \$3.00 each at General Mills, PO Box 390599, Maple Plain, MN 55592 www.bettycrocker.com

Baking On-line Resource Guide. Home Baking Association. Guide to tested and reliable recipes, cookbooks, videos, posters and baking tips at www.homebaking.org.

Baking Measurement Guide Card. Home Baking Association. Send home recipe-card size reference card. www.homebaking.org

Baking Ingredient Substitution Guide Card. Home Baking Association. Send home recipe-card size reference card for ingredient substitutions. www.homebaking.org

Bell Institute of Health and Nutrition. Wholegrain Educators Kit. www.bellinstitute.com

Bread Machine Activity Guide. Bread Machine Industry Association. 2002. Promotes the use of bread machines for bringing families, classrooms and community groups together through successful bread baking with time-constrained schedules. Contains three activity sections: "Bread's Role in Shaping History", "The Science of Bread Baking" and "Bread and Nutrition". Order from Home Baking Association. www.homebaking.org

Baking with Friends. Sharon Davis and Charlene Patton. Baking activities, certificates, vocabulary, age-appropriate skills guidelines and tried and true recipes. 2010. www.homebaking.org

Butter Basics. Land O'Lakes. Call 1-800-328-4155.

California Raisins. www.LoveYourRaisins.com/bakingbrochures

Camp Cookie Activity Book. Games, recipes, fun! Call Land O' Lakes at 1-800-328-4155.

Classroom Baking Lessons. www.redstaryeast.com

From Wheat to Flour. North American Millers' Association. 1997. www.namamillers.org or Wheat Foods Council, www.wheatfoods.org

Go With the Grain. Grain Foods Foundation. www.gowiththegrain.org

Home Baking Association. Call: 785.478.3283. www.homebaking.org

High Altitude Baking Publications. Colorado State University Cooperative Extension. www.cerc.colostate.edu or call 1-970-491-6198 or e-mail cerc1@ur.colostate.edu

Jiffy Mix Cookbook. Chelsea Milling Company. Order at www.jiffymix.com

Kneaded Notes. Red Star and SAF Yeast. www.redstaryeast.com

Life Skills Bread Baking Program. On-site assembly for Grades 4-7. Contact King Arthur Flour Company, 1-800-827-6836 or www.kingarthurflour.com

Living Well. National Extension Association of Family & Consumer Sciences. www.learningandlivingwell.org

Posters...Grain foods and nutrition. Wheat Foods Council. www.wheatfoods.com

Rainbow Bakery. A Color-full Adventure Children's Cookbook. Gold Medal Flour. 1998. 33 flour-based craft and baking projects for children. \$3.00 each at Gold Medal Flour, PO Box 390599, Maple Plain MN 55592. www.bettycrocker.com

Sugar: A Users Guide. The Sugar Association. www.sugar.org T: 202.785.1122

On-line Resources for Baking and Cooking with Young Consumers:

Argo Cooking with Kids. www.argostarch.com

All about Cooking; All About Baking. Gold Medal Flour. www.bettycrocker.com (Click on Cooking, Baking & Entertaining)

Baking Basics. Baking assists. Land O' Lakes test kitchens. www.landolakes.com

Bake for Family Fun. Home Baking Association. How-to, FAQ, Glossary, Lessons, videos, multiple links. www.homebaking.org

Baking How-To's/Baking features. www.landolakes.com

Bake with Kids. Fleischmann's Yeast. www.breadworld.com

Baking with Kids! www.redstaryeast.com

Betty Crocker Gold Medal Baking How-to Videos. www.bettycrocker.com

Bob's Red Mill Video Library. www.bobsredmill.com

Bread Art Project. Grain Foods Foundation. www.gowiththegrain.org

Calcium Challenge. Cooking with Kids. Schools and Groups. www.cabotcheese.coop

Chef's Corner. Baking assists, recipes. www.house-autry.com

Clabber Girl Baking Fun. www.clabbergirl.com

Classroom Baking Lessons. www.redstaryeast.com

Common Ingredient Master Weight and Measurement Chart. www.kingarthurflour.com/recipes

Family Fun and Baking with Kids. www.chsugar.com and www.dominosugar.com

Gluten-Free. Access listings for resources, ingredients, mixes at www.homebaking.org glossary or Lab Glossary, See Baking for Special Needs, Lab 1, page 9-10.

Grains of Truth Fact Sheets Dozens of downloadable food and nutrition fact sheets for grain food related topics for professionals and consumers. www.wheatfoods.org

Great American Bake Sales. Help end childhood hunger. www.gabs.strength.org

High Altitude Baking. Access a short guide at www.kingarthurflour.com

Holidays, Parties and Gifts. www.chsugar.com and www.dominosugar.com

How to Bake Videos. www.redstaryeast.com

Find the Farmer. Easy-to-use website for you to locate the family farms that grow the grain that Stone-Buhr mills to make your flour. www.findthefarmer.com

Healthy School Resources: Grants for health initiatives and free nutrition education materials and posters: www.cabotcheese.coop

The Wheat Foods Network. Interactive program filled with factual information, vibrant video and 3-D animation and fun, educational activities. www.wheatfoods.org

Ingredient Substitutions. www.landolakes.com

Just for Kids. www.wheatfoods.org

Kids A Cookin'. Web-site and TV series. Spanish and English. Kansas State University Family Nutrition Program. 2002-2010. www.kidsacookin.edu

Kids in Your Kitchen. www.HodgsonMill.com

Kids' Zone. North American Millers' Association. www.namamillers.org

Lessons in Yeast & Baking. www.redstaryeast.com

NASCO On-line Lessons for Family & Consumer Sciences, Culinary, Health, Nutrition. Click on Education at www.eNasco.com

Portable Kitchens. Out-of-school activities, links, and a blue-print for tote and go, on-the-spot baking anywhere! www.homebaking.org

Raisin Lovers & Parents On-line educator resources for kids. www.LoveYourRaisins.com/raisin-lovers-parents

Reality Foods Camp Fire USA out-of-school baking projects. www.homebaking.org

Solo Cares. www.solofoods.com

The Baking Channel. "Discovering America's Bakeries." On-line video series featuring bakeries across the U.S. www.bakingbuyer.com

Tips & Techniques/Ingredient Substitutions. www.landolakes.com

Urban Wheat Field. Virtual wheat growing experience. www.wheatfoods.org

Yeast Types, Classroom Thermometers, Storage Guide. www.redstaryeast.com

Washington Grain Alliance. Educators and consumers. www.washingtongrainalliance.com

DVDs:

Baker's Dozen Lessons for Better Baking Tips for Baking Success. 2006. Home Baking Association. Thirteen segments; 2 hours, 22 minutes. www.homebaking.org or Call 785.478.3283

Amazing Wheat DVD. \$5.00. Kansas Wheat Commission, 217 Southwind Place, Manhattan, KS 66503-3168. www.kswheat.com and 785.539.0255

Bread Comes to Life. A Garden of Wheat and a Loaf to Eat. George Levenson. 2004. Tricycle Press. www.tenspeed.com 1-800-841-BOOK.

Baking for Success. Complete with lesson plans and three baking vignettes. 2009. Order HBA DVD 785.478.3028 or www.homebaking.org

Kids A Cookin' on DVD. Web-site and TV series. Spanish and English. Kansas State University Family Nutrition Program. 2002-2010. www.kidsacookin.org

Good Eats with Alton Brown. The Food Channel. Check out available resources at www.foodnetwork.com

Quantity Yeast Breads from Start to Finish. Kansas Wheat Commission, Kansas Dept. of Education Child Nutrition & Wellness. 2005. Contact: T: 866.75WHEAT or www.kswheat.com

Non-Profit Baking and Food Education Web-sites:

American Dietetic Association. www.eatright.org

American Institute of Baking. www.aibonline.org

Asthma and Allergy Foundation of America. Educational resources. www.aafa.org

Bell Institute of Health and Nutrition. www.bellinstitute.com

Colorado State University Extension. Foods and Nutrition. www.ext.colostate.edu Telephone: (970) 491-6281
High-Altitude Baking publications.

Colorado State U. Cooperative Extension, www.ext.colostate.edu/pubs/foodnut/p41.pdf

How to Bake videos. (add) www.breadworld.com; www.chsugar.com; www.homebaking.org; www.dominosugar.com

Our Farmers. www.kingarthurflour.com/ourfarmers/

California Raisin Marketing Board. www.loveyourraisins.com/baking

Colorado Wheat Administrative Committee. www.coloradowheat.org

Culinary Institute of America. www.ciachef.edu

Food Allergy and Anaphylaxis Network. Cooking and Baking Tips. www.foodallergy.org

Food and Drug Administration (Food Labeling). www.cfsan.fda.gov
www.homebaking.org

Food Guide Pyramid/Dietary Guidelines for Americans 2010. www.nutrition.gov

Food Marketing Institute. FightBAC! BeFoodSafe. www.fmi.org/consumer/

Global Youth Service Day. www.gysd.org

Grain Foods Foundation. www.gowiththegrain.org

Great American Bake Sales. Help end childhood hunger. www.gabs.strength.org

High Altitude Baking guides. www.ext.colostate.edu/pubs/pubs.html

International Food Information Council. www.foodinsight.org

Johnson County Community College, Baking & Pastry. Overland Park, KS P: 913.469.8500. www.jccc.edu

Johnson & Wales University Baking & Pastry Arts. Toll free: 1-800.DIAL-JWU www.jwu.edu

Kansas State University Bakery Science & Management. T: 800-355-5531 E: grains@ksu.edu www.grains.ksu.edu

Kansas State University Cooperative Extension. Grains foods and nutrition information. 2004. www.oznet.ksu.edu/ext_F&N/Nutlink/n2.htm

Kansas State University Kids A Cookin'. www.kidsacookin.org (English and Spanish available)

Kansas Wheat Commission. www.kswheat.com with multiple education links.

Living Well. National Extension Association of Family & Consumer Sciences office locator. www.learningandlivingwell.org

Nemours Foundation. www.kidshealth.org; www.teenshealth.org

Non-Profit.

- American Cleaning Institute. www.cleaninginstitute.org
- Association for Career & Technical Education (ACTE) at www.acteonline.org/
- Family, Career, and Community Leaders of America (FCCLA) www.fcclainc.org

North American Millers' Association. www.namamillers.org

Retail Bakers of America. Representing 50,000 retail bakeries. 800.638.0924. www.rbanet.com

South Dakota Wheat Commission. www.sdwheat2.org

The Sugar Association. www.sugar.org

SkillsUSA Culinary Career and Technical Assessments. T: 703-737-0638 or info@workforcereadysystem.org. www.skillsusa.org

USDA-Health and Human Services: U.S.Dietary Guidelines, Food Pyramid, and how to read food labels and more! www.nutrition.gov and www.mypyramid.gov

USDA for Kids. United States Department of Agriculture. Web-site for kids including multiple food, nutrition and agriculture connections. www.usda.gov/news/usdakids

Washington Grain Commission. www.washingtonrainalliance.com

Wheat Foods Council: How wheat is grown, grain food and nutrition facts; recipes; research reports on carbohydrates, fad diets, whole grain; food photography and more. www.wheatfoods.org

Whole Grains Council. www.wholegrainscouncil.org