

COOKIE CAPERS – PART 2

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National FCS Standards:

7.1.5 Demonstrate job acquisition skills to gain work-based learning opportunities and employment in family and community services careers.

8.4.3 Analyze food, equipment, and supplies needed for menus.

8.4.5 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.

8.5.10 Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques.

9.5.4 Maintain test kitchen/laboratory and related equipment and supplies.

9.5.6 Conduct sensory evaluations of food products.

14.4.1 Analyze conditions and practices that promote safe food handling.

● **Objectives:**

Students will...

- Identify the six types of cookies
- Describe the functions of cookie ingredients
- Select and prepare cookie recipes
- Use proper measuring and preparation methods
- Demonstrate safe food handling methods
- Apply food labels and package products to donate in the school or community
- Evaluate cookies and provide suggestions for trouble-shooting

● **Materials List:**

- 20 cookie ingredients
- Ingredients Functions in Cookies Worksheet (included)
- Ingredients Functions in Cookies Answer Key (included)
- Foods Lab Planning Sheet (included)
- Cookie Capers Score Card (included)
- Cookie Capers: Types of Cookies Handout (included)
- Baking Glossary (download from www.homebaking.org and print)
- Cookie Tips — Secrets to Making Perfect Cookies (download from www.whatscookingAmerica.net/Cookie/CookieTips.htm and print)
- Cookie recipes from cookbooks or internet websites
- Cookie ingredients
- Dry and liquid measuring equipment
- Mixing equipment and bowls
- Faberware® 10" x 15" cookie sheet (WA25751)
- Digital electronic kitchen scale (WA25830)
- Wire cooking rack
- A Baker's Dozen DVD (WA25733)
- A Baker's Dozen Baking Labs Curriculum (WA27798)



● **Essential Question:**

What are the types of cookies that can be baked or purchased?
What are the functions of the ingredients in cookies?

● **Career Clusters (& Pathways):**

Hospitality and Tourism (Restaurants and Food/Beverage Services)

● **FCCLA Connections:**

- STAR Event — Culinary Arts, Food Innovations
- Program — Leaders At Work, Community Service



TIP: For best results, use soft, bendable butter or margarine, not melted. Optimum temperature is 65°F (use thermometer).

Prior to Lesson:

Download the “Baking Glossary” from www.homebaking.org and “Cookie Tips — Secrets to Making Perfect Cookies” from www.whatscookingAmerica.net/Cookie/CookieTips.htm. Assemble 20 ingredients used in baking cookies and number them from 1–20.

Day 1: Functions of Cookie Ingredients and Types of Cookies

Introduction (5 minutes)

Ask students what they know about cookies. Do they know the function of ingredients used in baking cookies? Do they know the various types of cookies? In this lesson, they will discover more about baking cookies.

Activity 1 (20 minutes)

Review accurate measurement, mixing, and portioning methods (Demonstrated: *A Baker's Dozen* DVD). Cover safe food handling as needed. Learn about the functions of cookie ingredients. Set out 20 cookie ingredients and have students complete the “Ingredient Functions in Cookies” worksheet using the downloaded resources or textbook provided.

Activity 2 (15 minutes)

After students have completed the activity, have students share answers and discuss their findings. What did they learn? Was it difficult to find the functions of some ingredients? Did some ingredients have more than one functions?

Activity 3 (10 minutes)

Pass out the “Cookie Capers: Types of Cookies” handout and have students read about the various types of cookies.

Activity 4 (5 minutes)

Have students brainstorm and list as many cookies as possible and categorize them by the type of cookie. Their answers could be recorded on the board.

Day 2: Selecting Cookie Recipes and Planning A Cookie Lab

Activity 1 (5-10 minutes)

Review the various types of cookies from the “Cookie Capers: Types of Cookies” handout.

Activity 2 (5-10 minutes)

Working in groups, have students select a cookie recipe to pare on Day 3 of the unit.

Activity 3 (5-10 minutes)

Optional Community Service Activity: Each group should select a community group or class that the cookies could be donated to, such as a senior citizen center, preschool, day care, or even another school class. Think about appropriate cookie choices for the group that will be receiving the donation. Ask students if there are special needs the recipients might have, such as low-sodium requirements or food allergies. Learn how students could apply test kitchen ingredient substitutions to meet special needs. Go to https://www.homebaking.org/wp-content/uploads/2019/07/final_kitchenscience.pdf for “Kitchen Science: Baking for Special Needs.”

Activity 4 (5-10 minutes)

Each group should complete the “Foods Lab Planning Sheet” and hand in.

Day 3: Baking and Evaluating Cookies

Prior to Lesson

Have all supplies and equipment available to bake cookies.

Activity 1 (30-40 minutes)

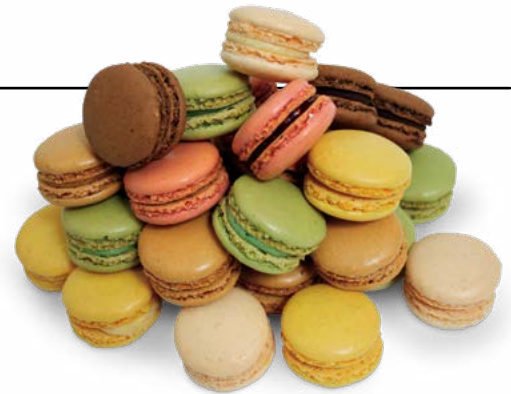
Working in groups, prepare cookies using the “Foods Lab Planning Sheet” completed on Day 2.

Activity 2 (5 minutes)

When finished with the cookie lab, group members should evaluate their cookies using the “Cookie Capers Score Card,” including a suggestion or comment to solve a problem they can identify. If time permits, the lab experiences can be shared and discussed.

Activity 3 (5 minutes)

Optional Community Service Activity: Have groups create labels for their products, including product net weight, ingredient list, date, and location. Create attractive packages for their remaining cookies to donate to others in their school or community. These can be delivered during an appropriate time during the school day or after school.



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Name: _____

Directions: Using the baking resources provided, list the baking ingredients and the function of each ingredient.

Ingredient	Function
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

Directions: Using the baking resources provided, list the baking ingredients and the function of each ingredient.

Ingredient	Function
1. Flour	provides structure
2. Butter or margarine.....	tenderness
3. Baking powder.....	leavening agent
4. Salt.....	adds flavor; strengthens gluten
5. Sugar	adds sweetness; aids in browning
6. Eggs.....	give color; emulsify; give a light texture
7. Milk	adds tenderness; helps carry flavoring
8. Baking soda.....	leavening agent
9. Water	adds moistness
10. Cocoa.....	adds flavor
11. Oatmeal.....	binds ingredients together
12. Vanilla.....	adds flavor
13. Cinnamon.....	adds flavor
14. Brown sugar	adds sweetness; aids in browning
15. Shortening	tenderness
16. Chocolate or other flavored chips.....	adds flavor
17. Peanut butter	adds moistness and flavor
18. Syrup.....	adds sweetness; aids in browning
19. Molasses.....	adds flavor and color
20. Oil.....	tenderness

FCS worksheet

FOOD LABS PLANNING SHEET

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Name of Lab: _____

Date: _____

Lab Objective: _____

Group Members: _____

Recipe (Write out, attach recipe, or list cookbook page number.)

Duties:

Group Member:

Groceries Needed:

Equipment Needed:

Name: _____

	Excellent (4)	Good (3)	Fair (2)	Poor (1)
<u>Drop Cookies</u>				
Fairly uniform mounded shape	_____	_____	_____	_____
Delicately browned exterior	_____	_____	_____	_____
Slightly moist, tender texture	_____	_____	_____	_____
Flavor characteristic of ingredients	_____	_____	_____	_____
Total Score (16 possible): _____				

<u>Bar Cookies</u>				
Uniform, well-cut	_____	_____	_____	_____
Thin, delicate, tender crust	_____	_____	_____	_____
Rich, moist texture	_____	_____	_____	_____
Flavor characteristic of ingredients	_____	_____	_____	_____
Total Score (16 possible): _____				

<u>Refrigerator Cookies</u>				
Uniform, thin slices	_____	_____	_____	_____
Lightly browned surface	_____	_____	_____	_____
Crisp and crunchy texture	_____	_____	_____	_____
Flavor characteristic of ingredients	_____	_____	_____	_____
Total Score (16 possible): _____				

<u>Rolled Cookies</u>				
Retain shape of cutter	_____	_____	_____	_____
Lightly browned surface	_____	_____	_____	_____
Texture — crisp and thin or soft and thick, depending on variety	_____	_____	_____	_____
Rich flavor, depending on ingredients	_____	_____	_____	_____
Total Score (16 possible): _____				

<u>Molded Cookies</u>				
Uniform, well shaped	_____	_____	_____	_____
Delicately browned	_____	_____	_____	_____
Crisp and tender texture	_____	_____	_____	_____
Pleasing flavor, characteristic of ingredients	_____	_____	_____	_____
Total Score (16 possible): _____				

<u>Pressed Cookies</u>				
Well-shaped and well-defined pattern of cookie press	_____	_____	_____	_____
Delicately browned edges	_____	_____	_____	_____
Very tender and crisp texture	_____	_____	_____	_____
Rich and buttery flavor	_____	_____	_____	_____
Total Score (16 possible): _____				

Although the variety of cookies seems endless, there are only six basic types. These are drop, bar, refrigerator, molded, rolled, and pressed. Once you learn to make these, you can prepare many variations.

Drop Cookies: The dough is dropped from a teaspoon onto the baking sheet. Chocolate chip or oatmeal cookies are examples.

Bar Cookies: These cookies are baked in a square or rectangular pan. When slightly cool, they are cut into squares. Brownies are among the most popular bar cookies.

Refrigerator Cookies: Rolls of dough are chilled in the refrigerator, then sliced with a sharp knife and baked. Mix-and-slice sugar cookies are an example.

Molded Cookies: The dough is usually shaped with the hand into balls the size of large walnuts. Some molded cookies are flattened before baking. Peanut butter cookies are an example.

Rolled Cookies: The cookie dough is rolled out and cut into any shape. Christmas sugar cookies are an example.

Pressed Cookies: These cookies are shaped with a cookie press. The dough must be kept pliable to produce the desired shapes. Spritz cookies are one type of pressed cookie.

When shaping cookies, make them all the same size so they bake evenly. If you bake cookies frequently, invest in extra baking sheets. While one is in the oven, you can be preparing the next sheet and save time. Avoid putting cookies on a hot baking sheet — they will melt and spread and lose their shape.

Because most cookies are small, they can easily be over-baked. Always test cookies a few minutes before the baking time is up. Remember, even when you take them from the oven, they continue to bake until you remove them from the hot baking sheet.

When done, all cookies will be delicately browned. You can give drop and bar cookies an extra test by pressing the tops lightly with your finger — the imprint should show slightly.