

# WSQ Bake for Health

**(FSS-FBP-4006-1.1)**



## Objectives & Content

Upon completion, the participants will be able to:

- Apply the science of baking in development of new products and improved recipes
- Modify recipes by replacing ingredients for a healthier alternative
- Develop recipes that have increased fibre and grain to make breads and pastries more nutrient dense
- Develop bread and pastry formulas that are gluten free and can be offered as an alternative for perceived health reasons
- Replace fat and eggs in formulas with alternatives to produce quality products and offer wider range of items suitable for consumers following a healthier alternate diet
- Produce bakery products following Workplace Safety and Health requirements in accordance with industry practice

## Practical Component

- Wholemeal and grain sourdough breads
- Sprouted wheat sourdough breads
- Wholemeal short crust pastry
- Wholemeal laminated yeast doughs, puff and croissant
- Gluten free breads, cakes, sponge cakes, short crust pastry and cookies
- Sugar reduced/replaced cakes and muffins, fat and egg free muffins and cookies

**Duration:** 38 hours  
 Full Time 5 days/7 hours per day  
 Part Time 12/15 hours per week

**Statement of Attainment** awarded by SSG for WSQ competency unit “Bake for Health”