

Grain Based Desserts 201

LESSON 1 - Preparing Grain Based Desserts

Goals: To understand the basic techniques and principles of baking grain based desserts

*Outcomes: Participants will become familiar with baking terminology.
Understand the functions of ingredients used in baking.
Calculate how to determine if a product meets a child nutrition serving. Prepare and evaluate a quality grain based dessert.
Identify characteristics of baked products.*