

Theory Schedule for Ace-it
(Level 1)

WEEK 1

- Ch.2 pp.14-39** **“Basic Professional Skills”**
HBW, p. 1-10
- Measurement; weight. ... (pp.20-23)
 - Food safety & Sanitation (pp.30-38)

- Ch.5 pp.99-109** **“Basic Baking Principles”**
HBW, p. 117-126
HBW, p. 15-22
- Mixing & gluten development (pp.100-104)
 - The baking process (pp.104-106)
 - After baking (pp.107-109)

- Ch. 10 pp.217-221** **“Quick Breads”**
HBW, p. 10
p.21-22
p.132-133
- Mixing & production methods (pp.218-221)
- Summary Pages (p. 233)

Test # 1 Chapter 10 Quick Breads

WEEK 2

- Ch.13 pp.285-315** **“Pies”**
- Pie doughs / types (pp.286-288)
 - Assembly and baking (pp.290-294)

- “Pies”**
- Fillings (pp.294-297 / 302-305)

Summary Pages (p.314-315)

Test #2 Chapter 13 Pies

WEEK 3

- Ch.19 pp.483-492** **“Cookies”**
- Cookie characteristics & their causes (pp.484/5)
 - Mixing methods (pp.485/6)
 - Types and makeup methods (pp.487-491)

Summary Pages (p. 492)

Test #3 Chapter 19 Cookies

WEEK 4

- Ch.14 pp.317-334** **“Pastry Basics”**
- Pate Brisee and Pate Sucrée (pp.318-320)
 - Puff pastry (pp.321-324)

- HBW, p. 67-72; 77*
p. 82-84 **“Puff Pastry”**
- Makeup & baking of Puff pastry (pp.326-334)

Summary Pages (p. 353)

Test #4 Chapter 14 Pastry Basics

WEEK 5**Ch.4 pp.55-70****“Ingredients”**

- Wheat flour (pp.55-63)
- Wheat varieties (p.56)
- Composition of wheat (pp.56-57)
- Milling of wheat (pp.57-58)
- Flour grades (p.58)
- Composition of flour (p.59)
- Absorption (p.60)
- Enzymes / Aging & Bleaching... (p.61)
- Dough cond. / Vital Wheat Gluten (p.61)
- Type of Patent Flour (p.61)
- Other Wheat Flours (p.63)

Other flours, Meals; and Starches

- Rye; Corn; Spelt; Oats; Buckwheat (pp.64/5)
- Soy; Rice; other grains and flours; starches (p.66)

*Ch.5 & 6 HBW,
p.67 – 88, p.101-
109*

Wheat Flour**Variety Grains & Flours**

*Ch.9
HBW, p. 185-192*

Thickening Agents (Starches)

Test #5

Wheat & Rye Flour and Thickening Agents

WEEK 6**Ch.4****Sugars**

- Invert sugar / granulated sugar... (pp.67-69)
- Molasses; Glucose Corn Syrup (pp.69-70)
- Honey; Malt Syrup (p.70)

Leavening Agents

(pp.84-86)

Summary Pages (p.97)

*Ch. 8 HBW,
p.139-167*

Sugar & Other Sweeteners

*Ch. 13 HBW,
p.295-302*

Leavening Agents

Test #6

Sugars & Leavening Agents

WEEK 7

review theory

Final Theory
Exam

WEEK 8

Practical Test (group “A”)

Practical Test (group “B”)

Complete Lab + Clean-up