

CUPCAKE COMPETITION: BAKING & PASTRY ARTS

Volume 40 / High School

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Time Required: 6 days for 45-50 minute class periods

National FCS Standards for Food Production and Services:

8.2 Demonstrate food safety and sanitation procedures.

8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.

8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.

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

DAY 1

Introduction (5-10 minutes):

Introduce the lesson by asking students to think about the best cake or cupcake they have ever eaten. Have them identify what it was that made the item the best.

Activity (30-40 minutes):

Demonstrate a variety of piping tips and techniques for students. This should include proper bag handling, flowers and leaves, writing, borders, changing tips, consistency of frosting, etc. This can be done using a buttercream frosting, or instant mashed potatoes as a budget saver.

NOTE: A guest cake decorator could also be brought in to assist with this. Go to NascoEducation.com/lessonplans to download and print Cake Decorating Resources.

Closure (5-10 minutes):

As a class, have students list anything else they have seen with buttercream and would like to learn.

DAY 2

Introduction (5 minutes):

Have students explain what they learned yesterday. They should be able to list things like what tips are used for different functions, how to fill and hold a bag, etc.

Activity (35-40 minutes):

Have students practice the techniques they learned. Hand out papers with words/designs for the students to trace and a list of other techniques they were shown. Put these pages under waxed paper and tape to the workspace.

Closure (5 minutes):

Ask students to identify struggles and strengths with the activity.

Objectives:

Students will...

- Identify supplies and tools required for cake decorating.
- Demonstrate a variety of piping techniques used for decorating and use of a variety of tips.
- Demonstrate creativity in the selection of flavors and designs.

Materials List:

- Cupcake & Buttercream Recipes (go to NascoEducation.com/lessonplans to download and print)
- Evaluation Form for Judging (go to NascoEducation.com/lessonplans to download and print)
- Cake Decorating Resources (go to NascoEducation.com/lessonplans to download and print)



DAY 3

Introduction (5 minutes):

Remind students of techniques and basic cake decorating principles. Introduce the theme for the Cupcake Competition. Themes could be movies, children's books, an event, etc.

Activity (35-40 minutes):

In small groups, have students develop their theme. This should include a cake flavor and ideas for cupcake decorations. Guidelines could include:

- All decorations must be edible
- 8 cupcakes will be judged for consistency
- At least 3 piping techniques demonstrated in class must be used

Students should also take this time to turn in recipes for their cupcakes, so they are able to make the cupcakes tomorrow.

Closure (5 minutes):

Tell students that tomorrow they will be baking the cupcakes so they should come prepared for lab. Check to make sure all recipes/market orders are turned in.

DAY 4

Introduction (5 minutes):

Have students retrieve recipes and ingredients. Go to NascoEducation.com/lessonplans to download and print. Remind students that tomorrow is decorating day, so as the cupcakes are baking, they should prep the buttercream, finish sketches, practice techniques, etc.

Lab (35-40 minutes):

Students should be working in their small groups, mixing and baking cupcakes. Buttercream can also be mixed and prepped for decorating.

Closure (5 minutes):

Make sure cupcakes are stored properly to decorate tomorrow.



DAY 5

Introduction (5 minutes):

Have students get cupcakes and buttercream. Remind them that today is the decorating day, and cupcakes should be completed.

Lab (35-40 minutes):

In the small groups, students should be decorating cupcakes. Remind students of the guidelines set out for them. As they are working, groups can discuss a brief presentation for judges tomorrow.

Closure (5 minutes):

Be sure all cupcakes are stored properly.

DAY 6

Introduction (5 minutes):

Tell students the expectations for judge presentations today, which should be no more than one minute per group. This could include:

- Flavor of cupcake
- How the flavor/design relates to the theme
- What piping techniques were used

Activity (10 minutes):

Working in their small groups, students can put any finishing touches on the cupcakes and practice their presentation for judges.

Judging (25-30 minutes):

Have judges arrive and give them a brief overview of the process students have been through. Judges can include other teachers, administrators, school board members, or other adults available. Let them in on the theme and share what they will be judging on. This could include:

- Taste/flavor of the cupcake
- How the design relates to the theme
- Difficulty of design
- Execution of the design

Have the judges travel to each group together to evaluate the cupcakes, ask questions, and provide feedback. Go to NascoEducation.com/lessonplans to download and print the evaluation forms for judging.

Closure (5 minutes):

When judging is complete, talk to the class about the project as a whole, including how the cupcakes turned out, teamwork, creativity, etc. Share some of the judges' feedback and announce a winner to the class.



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Recipe: White Cupcakes

Makes 36 cupcakes.

This recipe can easily be modified for different flavors and colors.

INGREDIENTS

18.25-oz. white cake mix	2 tablespoons canola oil
1 cup all-purpose flour	1 teaspoon clear vanilla extract
1 cup granulated white sugar	1 cup sour cream
$\frac{3}{4}$ teaspoon salt	4 large egg whites
$1\frac{1}{3}$ cups water	

DIRECTIONS

1. Preheat oven to 325° F. Place cupcake liners in cupcake pans.
2. In a large bowl, whisk together cake mix, flour, sugar, and salt. Add remaining ingredients and beat with hand mixer for 2 minutes, or until well blended.
3. Fill prepared cupcake tins — fill about $\frac{3}{4}$ full. Bake about 18 minutes, or until toothpick inserted in center comes out clean.

Recipe: White Buttercream

This recipe can easily be modified for different flavors and colors.

INGREDIENTS

6 cups powdered sugar
1-lb. butter at room temperature
2 teaspoons clear vanilla extract
3-4 tablespoons whipping cream

DIRECTIONS

1. In a stand mixer, cream together sugar and butter on low speed until well blended. Increase speed to medium and beat for 3 minutes.
2. Add vanilla and cream and continue to beat on medium speed for 3 minutes more, adding more cream if needed for desired spreading/piping consistency.
3. Scoop into a piping bag and pipe decoratively onto cupcakes.

Cupcake Competition

- Judging will be based on a creative cupcake flavor that matches the theme, and a product with good texture and consistency. Also, the design should be challenging, creative and match the theme.
- Students will give a **brief** intro to the judges, explaining their product, inspiration, and how it matches the theme.
- Score each item for each team (maximum 5 points for each item).

Team Names	Cupcake flavor matches theme	Cupcake flavor is creative and done well (tastes good)	Cupcake has a good texture & consistency; it is baked properly	Design of cupcake matches theme	Design is challenging	Design is creative and executed well	Total points scored	Rank the teams (1 is best, 6 is worst)

Judge's Name: _____

Cupcake Competition

CAKE DECORATING RESOURCES

Video for Basic Cupcake Decorating

www.youtube.com/watch?v=Np6ewLL86A4

Video for Making Many Flowers

www.youtube.com/watch?v=0BZFBDNuhll

Video for Cupcakes with Only a Round Tip

www.youtube.com/watch?v=kqZQV8kMv0w

Video for Fun Different Tips and Colors

www.youtube.com/watch?v=Y1vPtKdcGFE

Images and Recipes for Fun Flavors and Decorations

www.womansday.com/food-recipes/food-drinks/g1763/periodic-table-of-cupcakes-54764/?slide=2

Fun Cupcake Ideas

www.sixsistersstuff.com/2013/06/25-fun-cup-cake-ideas.html

More Cupcake Ideas and Images

kitchenfunwithmy3sons.com/2016/06/best-cupcake-ideas.html

Resources and Ideas from Wilton®

www.wilton.com