**Youth Explore Trades Skills Baker**

# Bake for Allergies

## Description

In this activity, students will research, select, make, and evaluate a product made without wheat, dairy, and/or eggs.

**Note**: baking for allergies is a big topic that involves a lot of research and testing. Because allergies are so common, it is included here as an introduction and is not intended to provide all the information needed to bake safely for those with allergies.

## Lesson Objectives

Students will be able to:

* research, select, make, and evaluate a product made without a common allergen
* learn the importance of substitution of ingredients, and
* document and evaluate the recipe through written reflection and photographs.

## Safety Considerations

Basic food and kitchen safety

## Assumptions

The student understands ingredient measurement, food handling safety, and appropriate clothing and personal attire in kitchens.

## Terminology

**Allergen**: A substance which causes an allergic reaction. Allergens cause some people’s bodies to perceive an otherwise harmless substance as a threat. The immune system triggers an allergic reaction which can lead to discomfort, illness, and in some cases, death.

## Estimated Time

120 minutes: Research, select, and plan.

120 minutes: Organize ingredients and materials and to make and evaluate the product.

## Recommended Number of Students

This activity may be done individually or in pairs.



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## Facilities

* Home Economics lab or cafeteria kitchen
* Internet access and/or access to recipe books

## Resources

### Baking and Food Allergies: How to Substitute Ingredients

Note: the information about sugar is based on the opinion of the author. <http://www.jennihulburt.com/2013/11/baking-and-food-allergies-how-to-substitute-ingredients/>

**Have kids with food allergies? One mom shares tips, safe cookie recipes**  https://[www.today.com/food/have-kids-food-allergies-one-mom-shares-tips-safe-cookie-](http://www.today.com/food/have-kids-food-allergies-one-mom-shares-tips-safe-cookie-) 1D80366479

### How to Cook and Bake Free of Allergens

<http://www.kidswithfoodallergies.org/page/recipe-substitutions.aspx>

### Baking For Someone With Food Allergies

https://[www.everydayhealth.com/allergies/baking-for-someone-with-food-allergies.aspx](http://www.everydayhealth.com/allergies/baking-for-someone-with-food-allergies.aspx)

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# Demonstrating Skills And Knowledge

## Procedure

1. Brainstorm common allergies in baking. Ask students if they or their families have experience cooking or baking for someone with allergies.
2. Review food alternatives for allergies.
3. Student will determine which allergen s/he will not include in a baked project. e.g., gluten- free, dairy-free, egg-free, etc.
4. Using the internet and/or allergy free cookbooks, students will research and select a baked goods recipe that does not include the allergen(s) of choice. Note: when searching for health information on the internet, remind the students to be critical researchers. Verify the source of the information to ensure it is medically sound.
5. Student will make a plan about how to make the recipe: organize ingredients, gather equipment, determine the time, and decide with whom s/he will share the product.
6. Bake the product.
7. Photograph the product and post to the portfolio with a reflection of what was successful and what was challenging about allergen-free baking.

## Evaluation Guidelines

Consider co-creating the assessment criteria with your students at the beginning of the activity/ project. You may want to include the following:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Emerging** | **Developing** | **Proficient** | **Extending** |
| Selects a recipe without one or more allergens, sources the  ingredients, and bakes the product. |  |  |  |  |
| Evaluates the product and shares a photo and link to the recipe on his/ her portfolio. |  |  |  |  |
| Reflects on the benefits and challenges of baking for allergies and posts the reflection to his/her portfolio. |  |  |  |  |

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