



SCQF level 5 Unit Specification

Cake Baking

SCQF: level 5 (9 SCQF credit points)

Unit code: J1YR 75

Unit outline

The general aim of this Unit is to enable learners to develop the ability to bake cakes and other chosen items safely and hygienically. Learners will demonstrate a range of techniques and processes used in cake production and other baking contexts.

Learners who complete this Unit will be able to:

- 1 Prepare for baking activities
- 2 Bake a range of cakes and other chosen items

This Unit is available as a free-standing Unit. The Unit Specification should be read in conjunction with the *Unit Support Notes*, which provide advice and guidance on delivery, assessment approaches and development of skills for learning, skills for life and skills for work. Exemplification of the standards in this Unit is given *in Unit Assessment Support*.

Recommended entry

Entry to this Unit is at the discretion of the centre. However, learners would normally be expected to have attained the skills, knowledge and understanding required by one or more of the following or equivalent qualifications and/or experience:

- ◆ National 4 Practical Cookery Course or relevant component Units
- ◆ National 4 Health and Food Technology Course or relevant component Units

Equality and inclusion

This Unit Specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence. For further information, please refer to the *Unit Support Notes*.

Standards

Outcomes and assessment standards

Outcome 1

The learner will:

1 Prepare for baking activities by:

- 1.1 Selecting recipes and planning the stages of baking
- 1.2 Selecting ingredients and weighing and measuring them accurately
- 1.3 Selecting and correctly preparing suitable equipment
- 1.4 Following safe and hygienic working practices

Outcome 2

The learner will:

2 Bake a range of cakes and other chosen items by:

- 2.1 Following recipe methods to achieve the correct consistency when incorporating the ingredients
- 2.2 Depositing the mixture appropriately, controlling the oven temperature and baking correctly
- 2.3 Carrying out readiness tests
- 2.4 Cooling, storing and evaluating the baked items
- 2.5 Following safe and hygienic working practices

Evidence Requirements for the Unit

Assessors should use their professional judgement, subject knowledge and experience and understanding of their learners to determine the most appropriate ways to generate evidence and the conditions and contexts in which they are used.

Evidence for both Outcomes in this Unit will normally be combined and assessed holistically by a practical activity. If this approach is used, it must be clear how the evidence covers each Outcome.

Learners' assessment performance will normally be observed by assessors, who should complete an assessor's observational checklist for each learner. The checklist will confirm whether the learner has met the requirements of each Assessment Standard.

Exemplification of assessment is provided in *Unit Assessment Support*. Advice and guidance on possible approaches to assessment is provided in the *Unit Support Notes*.

Assessment standard thresholds

If a candidate successfully meets the requirements of the specified number of Assessment Standards they will be judged to have passed the Unit overall and no further re-assessment will be required.

The specific requirements for this Unit is as follows:

- ◆ Assessment Standards 1.4 and 2.5, 'Working safely and hygienically', can be assessed holistically. If Assessment Standards 1.4 and 2.5 are assessed holistically, for re-assessment purposes, seven out of the nine Assessment Standards are required..

It should be noted that there will still be the requirement for candidates to be given the opportunity to meet all Assessment Standards. The above threshold has been put in place to reduce the volume of re-assessment where that is required.

Development of skills for learning, skills for life and skills for work

It is expected that learners will develop broad, generic skills through this Unit. The skills that learners will be expected to improve on and develop through the Unit are based on SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work* and drawn from the main skills areas listed below. These must be built into the Unit where there are appropriate opportunities.

2 Numeracy

2.2 Money, time and measurement

4 Employability, enterprise and citizenship

4.1 Employability

5 Thinking skills

5.2 Understanding

5.4 Analysing and evaluating

Amplification of these is given in SQA's *Skills Framework: Skills for Learning, Skills for Life and Skills for Work*. The level of these skills should be at the same SCQF level of the Unit and be consistent with the SCQF level descriptor. Further information on building in skills for learning, skills for life and skills for work is given in the *Unit Support Notes*.

Appendix: Unit support notes

Introduction

These support notes are not mandatory. They provide advice and guidance on approaches to delivering and assessing this Unit. They are intended for teachers and lecturers who are delivering this Unit. They should be read in conjunction with:

- ◆ the *Unit Specification*
- ◆ the *Unit Assessment Support packs*

Developing skills, knowledge and understanding

Teachers and lecturers are free to select the skills, knowledge, understanding and contexts which are most appropriate for delivery in their centres.

Approaches to learning, teaching and assessment

Learning and teaching approaches should be learner-centred, participative and practical in nature. There should be an appropriate balance between whole-class teaching and activity-based learning, with an activity approach being used to enable learners to develop all the relevant cake-baking skills effectively. The underpinning knowledge should be combined with practical activities.

At least one item from each of the categories listed below should be baked. At least four of these items must be cakes:

- ◆ light/medium sponge-type cakes
- ◆ Madeira-type cakes
- ◆ lightly fruited cakes
- ◆ heavily fruited cakes
- ◆ tray bakes/biscuits

Some examples of baked items are provided below:

	Sponge-type cake variety	Fruit cake variety	Suitable for a traybake	Classified as a biscuit
Swiss roll	light sponge			
Whisked sponge	light sponge			
Carrot cake	medium sponge		✓	
Cake pops	medium sponge		✓	✓ (cake pops can be made with biscuit)
Chocolate cake	medium sponge		✓	
Cupcakes	medium sponge			
Ginger cake	medium sponge		✓	
Lemon drizzle cake	medium sponge		✓	
Victoria sponge	medium sponge		✓	
Battenberg cake	Madeira-type cake			
Lemon semolina cake	Madeira-type cake		✓	
Madeira cake	Madeira-type cake			
Cherry cake		lightly fruited cake		

Sultana cake		lightly fruited cake		
Rich fruit cake		heavily fruited cake		
Wedding cake		heavily fruited cake		
Chocolate brownies			✓	
Gingerbread				✓ (gingerbread people, houses, other cut-out shapes)
Melting moments				✓

Suitable recipes for each category of baked item are given on the following pages.

Whisked sponge (Light sponge-type cake)

Ingredients

3	large eggs
75 g	caster sugar
75 g	plain flour

Method

- 1 Pre-heat the oven to 180°C/gas mark 4 — adjust the temperature appropriately for fan-assisted ovens.
- 2 Prepare two 15 cm diameter cake tins appropriately.
- 3 Place the eggs and the sugar in a bowl.
- 4 Whisk until the mixture is pale, thick and creamy and is twice its original size. This should take around 10 minutes.
- 5 Sift the flour over the surface and fold in quickly using a metal spoon. The mixture should have the consistency of lightly whipped cream.
- 6 Divide the mixture between the two tins — avoid scraping the bowl as this will alter the consistency of the mix.
- 7 Bake immediately in the centre of the oven for 25 minutes, testing for readiness.
- 8 Turn out on to sugared paper — then place the sponges with the paper on a wire cooling rack.

Chocolate cake (Medium sponge-type cake)

Ingredients

150 g	self-raising flour
5 ml	baking powder
25 g	cocoa powder
175 g	soft margarine
175 g	dark brown sugar
3	medium eggs

Method

- 1 Pre-heat the oven to 180°C/gas mark 4 — adjust the temperature appropriately for fan-assisted ovens.
- 2 Prepare two 20 cm diameter cake tins appropriately.
- 3 Sift the flour, baking powder and cocoa powder together.
- 4 Cream the margarine and sugar until light and aerated.
- 5 Add the dry ingredients and the eggs and mix until incorporated.
- 6 Deposit the mixture into the prepared cake tins.
- 7 Bake for 20–25 minutes in the centre of the oven, testing for readiness.
- 8 Remove the cakes from the oven. Allow to cool and store appropriately.

Madeira cake (Madeira-type cake)

Ingredients

175 g	butter or margarine
175 g	caster sugar
2	medium eggs (beaten)
175 g	self-raising flour (sifted)
75 g	plain flour (sifted)
10 ml	lemon juice

Method

- 1 Pre-heat the oven to 180°C/gas mark 4 — adjust the temperature appropriately for fan-assisted ovens.
- 2 Prepare an 18 cm diameter cake tin appropriately.
- 3 Cream the butter or margarine with the caster sugar until pale and light.
- 4 Add the beaten eggs to the creamed mixture one at a time, following each with a spoonful of flour — beat thoroughly.
- 5 Sift the remainder of the flour and gently fold it into the creamed mixture, using a metal spoon. (The mixture should have a consistency of lightly whipped cream.) Then add the lemon juice.
- 6 Deposit the mixture into the prepared cake tin and smooth the top.
- 7 Bake for 1 hour in the centre of the oven, testing for readiness.
- 8 Leave the cake in the tin to cool for 10 minutes, then turn out on to sugared paper to cool.

Light fruit cake (Lightly fruited cake)

Ingredients

225 g	butter or margarine
225 g	caster sugar
4	medium eggs (lightly beaten)
225 g	plain flour (sifted)
225 g	dried mixed fruit

(You can create your own selection of dried fruit, eg dried apricots, pineapple, cranberries instead of the usual dried fruit mixture.)

Method

- 1 Pre-heat the oven to 170°C/gas mark 3–4 — adjust the temperature appropriately for fan-assisted ovens.
- 2 Prepare a 20 cm diameter cake tin appropriately.
- 3 Cream the butter or margarine with the sugar until pale and light.
- 4 Add the eggs a little at a time. If the mixture curdles then add a spoonful of the flour.
- 5 Stir in the remainder of the flour and the dried fruit, until evenly mixed.
- 6 Deposit the mixture into the cake tin and make a small dip in the centre with a spoon.
- 7 Bake for approximately 1 hour and 30 minutes, in the centre of the oven, testing for readiness.
- 8 Leave the cake in the tin to cool before turning it out.

Rich fruit cake (Heavily fruited cake)

Ingredients

115 g	butter
115 g	dark brown molasses sugar
2	medium eggs (lightly beaten)
5 ml	glycerine
115 g	plain flour (sifted)
30 g	self-raising flour (sifted)
5 ml	mixed spice
5 ml	ground cinnamon
2.5 ml	nutmeg
1.25 ml	salt
115 g	sultanas
115 g	currants
115 g	raisins
60 g	glace cherries
30 g	mixed peel
30 g	ground almonds
30 g	walnuts (optional)

Method

- 1 Pre-heat the oven to 215°C/gas mark 7. When you start to mix your cake, reduce the oven temperature to 160°C/gas mark 1–2 — adjust the temperature appropriately for fan-assisted ovens.
- 2 Prepare a 15 cm diameter round cake tin appropriately.
- 3 Beat the butter and the dark brown sugar together until amalgamated and smooth — do not over-beat.
- 4 Add the lightly beaten eggs with the glycerine, a little at a time, to the butter and sugar mixture. (If the mixture curdles at this stage, add a spoonful of the sifted flour.)
- 5 Stir in the plain flour, self-raising flour, spices and salt.
- 6 Add the dried fruit, cherries, mixed peel, ground almonds and walnuts, until evenly mixed. Do not beat the mixture.
- 7 Deposit the mixture into the prepared cake tin and make a small dip in the centre with a spoon.
- 8 Bake in the centre of the oven for 1 hour 30 minutes to 2 hours, testing for readiness.

- 9 Leave the cake in the tin to cool before turning it out.
- 10 Place on a wire cooling tray and leave until completely cool. When the cake is completely cooled, you can spike it with a skewer and pour 15 ml brandy over it.
- 11 Wrap the cake in greaseproof paper, but not aluminium foil or cling film.
- 12 Store in a cool dry place for at least a week before icing.

Melting moments (Biscuits)

Makes 24 individual biscuits (12 sandwiched biscuits)

Ingredients

250 g	butter
60 g	icing sugar
225 g	plain flour
30 g	cornflour

Method

- 1 Pre-heat the oven to 170 °C/gas mark 4 — adjust the temperature appropriately for fan-assisted ovens.
- 2 Line a 20 cm x 24 cm baking tray/sheet with silicone paper.
- 3 Cream the butter and the icing sugar until pale and light.
- 4 Sift the flour and cornflour, add to the creamed mixture and mix well together.
- 5 With floured hands, roll 5 ml spoonfuls of the mixture into balls and place on the baking tray/sheet.
- 6 Flatten the balls slightly with a fork to create a textured design and bake for approximately 20 minutes or until they are light golden brown.
- 7 Remove from the oven and cool on a wire cooling rack.

Melting moments are semi-sweet biscuits and can be sandwiched together with an appropriate filling, eg passion fruit buttercream, lemon buttercream, orange buttercream, ganache.

Chocolate brownies (Traybake)

Ingredients

175 g	plain chocolate (with 70% cocoa)
175 g	butter (roughly cubed)
85 g	self-raising flour
1.25 ml	baking powder
1.25 ml	salt
40 g	cocoa powder
5	medium eggs
300 g	golden caster sugar
5 ml	vanilla essence/extract
115 g	walnut pieces

Method

- 1 Pre-heat the oven to 180°C/gas mark 4 — adjust the temperature appropriately for fan-assisted ovens.
- 2 Line a tray of approximately 30 cm x 20 cm x 5 cm with silicone paper.
- 3 Break the chocolate into small pieces and melt with the butter. Do not overheat — it should be lukewarm but runny.
- 4 Sift in the flour, baking powder, salt and cocoa powder — set aside.
- 5 Whisk the eggs, sugar and vanilla essence until thick and mousse-like then stir in the dry ingredients.
- 6 Pour in the melted chocolate and mix until combined. This should have a batter-like consistency.
- 7 Add the walnut pieces.
- 8 Pour into the prepared tin and bake for approximately 25 minutes, testing for readiness. (It should form a crust on the top and crack around the edges but still be soft in the centre.)
- 9 Leave to cool in the tin.
- 10 To finish, dust with icing sugar or cocoa powder.

The table below suggests some activities which could support the delivery of this Unit.

Topic	Skills, knowledge and understanding	Suggested experiences and activities
Preparing for baking	<ul style="list-style-type: none"> ◆ selecting baking recipes ◆ identifying and selecting appropriate processing techniques, such as weighing and measuring, whisking, creaming, mixing, folding, incorporating and depositing ◆ planning the stages of baking in a logical sequence ◆ preparing ingredients for baking ◆ preparing equipment for baking 	<ul style="list-style-type: none"> ◆ carrying out research into cake baking using the internet, food brochures and cake books or magazines ◆ watching TV programmes, video or internet clips, ◆ reading blogs ◆ researching recipes and ingredients ◆ watching live demonstrations ◆ visiting local cake shops, bakeries or supermarkets where in-store baking takes place ◆ attending local cake shows and exhibitions ◆ listening to guest speakers/industry experts ◆ video-conferencing between centres, if appropriate ◆ group discussions and teacher-led discussion ◆ preparing for local or national competitions
Baking	<ul style="list-style-type: none"> ◆ following the appropriate production method for each of the baked items ◆ depositing the mixture appropriately ◆ carrying out readiness tests and responding appropriately ◆ cooling the baked items and storing them correctly, using appropriate packaging ◆ evaluating the baked items in terms of their texture and appearance and, where appropriate, taste 	<ul style="list-style-type: none"> ◆ practical workshops ◆ team challenges ◆ entering local or national competitions for cake baking ◆ self and peer evaluation
	<ul style="list-style-type: none"> ◆ working safely and hygienically 	<ul style="list-style-type: none"> ◆ listening to Environmental Health presentations ◆ working towards food hygiene certificates ◆ watching TV, video or internet clips completing worksheets ◆ peer/self-evaluation

		<ul style="list-style-type: none"> ◆ keeping up to date with good practice in health and safety and food hygiene
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Teachers/lecturers should give learners accurate and regular feedback about their learning and ensure that they are actively involved in the assessment process.

During practical assessment for this Unit, teachers/lecturers will usually observe learners' performance and complete an observational checklist confirming whether the learner has met the requirement of each Assessment Standard.

This Unit will be assessed by teachers/lecturers on a pass/fail basis. Unit assessment will be based on the *Unit Specification* for Cake Baking.

Learners' day-to-day work may produce evidence which satisfies the assessment requirements of this Unit either in full or partially. Such naturally occurring evidence may be used as a contribution towards Unit assessment.

Combining assessment within Units

Assessment could be combined in this Unit by holistically assessing all the Outcomes of the Unit in a single assessment. When assessment within the Unit is holistic, teachers and lecturers should take particular care to track the evidence for each individual Outcome.

Administrative information

Published: July 2019 (version 2.0)

Superclass: NE

History of changes to National Unit Specification

Version	Description of change	Authorised by	Date
1.2	Unit Support Notes added Assessment standard threshold added.	Qualifications Manager	September 2018
2.0	Course re-named and re-coded.	Qualifications Manager	August 2019

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