

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION  
**HOME ECONOMIC - BREAD AND PASTRY PRODUCTION**  
**(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 1: USE OF TOOLS AND BAKERY EQUIPMENT</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>• Baking tools and equipment and their uses</li> <li>• Classification of tools</li> </ul>	<p>1. Baking tools and equipment are identified based on their uses.</p>	<p>LO1. Prepare tools and equipment for specific baking purposes.</p>	<p>1. Familiarizing and classifying different baking tools and equipment and their uses.</p>	<ul style="list-style-type: none"> <li>• Written Test</li> <li>• Performance on the classification of tools</li> </ul>	<p>4 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMIC - BREAD AND PASTRY PRODUCTION  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 2: PERFORMING MENSURATION AND CALCULATION</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>Standard table of weights and measures</li> </ul>	<ol style="list-style-type: none"> <li>Standard table of weights and measures are identified and applied.</li> </ol>	<p>LO1.Familiarize oneself with the table of weights and measures in baking</p>	<ol style="list-style-type: none"> <li>Measuring ingredients based on standard weights and measures</li> </ol>	<ul style="list-style-type: none"> <li>Written examination</li> </ul>	<p>2hours</p>
<ul style="list-style-type: none"> <li>Conversion/ substitution of weights and measure</li> </ul>	<ol style="list-style-type: none"> <li>Accurate conversion/ substitution of weights and measures are performed.</li> </ol>	<p>LO2. Apply basic mathematical operations in calculating weights and measures.</p>	<ol style="list-style-type: none"> <li>Calculating of ingredients using fundamental operations.</li> </ol>	<ul style="list-style-type: none"> <li>Performance on conversion of weights and measures</li> </ul>	<p>2hours</p>
<ul style="list-style-type: none"> <li>Proper measuring of ingredients</li> </ul>	<ol style="list-style-type: none"> <li>Reading of measurements is practiced with accuracy.</li> </ol>	<p>LO3. Measure dry and liquid ingredients accurately</p>	<ol style="list-style-type: none"> <li>Performing the proper measuring of liquid and dry ingredients</li> </ol>	<ul style="list-style-type: none"> <li>Demonstration</li> </ul>	<p>4 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMIC - BREAD AND PASTRY PRODUCTION  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 3: MAINTAINANCE OF TOOLS AND EQUIPMENT</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>Classification of functional and non-functional tools</li> </ul>	<ol style="list-style-type: none"> <li>Tools and equipment are identified according to classification/specification and job requirements.</li> <li>Non-functional tools and equipment are segregated and labeled according to classification.</li> <li>Safety of tools and equipment are observed in accordance with manufacturer's instructions.</li> </ol>	<p>LO1. Check condition of tools and equipment.</p>	<ol style="list-style-type: none"> <li>Testing for the accuracy, functionality, and usefulness of the delivered tools and materials.</li> <li>Classifying functional and non-functional tools and equipment and repairing of defective tools.</li> </ol>	<ul style="list-style-type: none"> <li>Direct observation</li> <li>Written test</li> </ul>	<p>4 hours</p>
<ul style="list-style-type: none"> <li>Types and uses of cleaning materials / disinfectants</li> <li>Preventive maintenance techniques and procedures.</li> <li>Occupational Health and Safety Center (OSHC) workplace regulations</li> </ul>	<ol style="list-style-type: none"> <li>Tools and equipment are maintained according to preventive maintenance schedule or manufacturer's specifications.</li> <li>Tools are cleaned in accordance with standard procedures.</li> <li>Work place is cleaned and kept in safe state in line with OSHC regulations.</li> </ol>	<p>LO2. Perform basic preventive maintenance.</p>	<ol style="list-style-type: none"> <li>Practicing preventive maintenance schedule based on manufacturer's specifications.</li> <li>Practicing the proper cleaning of tools</li> <li>Maintaining clean and safe workplace in line with OSHC regulations.</li> </ol>	<ul style="list-style-type: none"> <li>Direct observation</li> <li>Written test</li> </ul>	<p>4 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMIC - BREAD AND PASTRY PRODUCTION  
(Exploratory)**

<b>Content Standard</b>	<b>Performance Standard</b>	<b>Learning Competencies</b>	<b>Project/ Activities</b>	<b>Assessment</b>	<b>Duration</b>
<ul style="list-style-type: none"> <li>• Proper storage of tools and equipment</li> </ul>	<ol style="list-style-type: none"> <li>1. Tools and equipment are stored in safely accordance with manufacturer’s specifications or company procedures.</li> </ol>	LO3. Store tools and equipment	<ol style="list-style-type: none"> <li>1. Storing/safe keeping of tools and equipment based on manufacturer’s requirements.</li> <li>2. Labeling tools and equipment appropriately</li> </ol>	<ul style="list-style-type: none"> <li>• Written test /questioning</li> <li>• Performance test</li> </ul>	4 hours

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMIC - BREAD AND PASTRY PRODUCTION  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 4: PRACTICING OCCUPATIONAL HEALTH AND SAFETY PROCEDURES</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>• Hazards and risks identification and control</li> <li>• Occupational Health and Safety (OHS) indicators</li> <li>• Personal hygiene and proper hand washing</li> </ul>	<ol style="list-style-type: none"> <li>1. Workplace hazards and risks are identified and clearly explained.</li> <li>2. Hazards/Risks and their corresponding indicators are identified in line with company procedures.</li> <li>3. Contingency measures are recognized and established in accordance with organizational procedures.</li> </ol>	<p>LO1. Identify hazards and risks</p>	<ol style="list-style-type: none"> <li>1. PowerPoint presentation on hazards and risks.</li> <li>2. Making posters of warning signs on dangerous and risky areas.</li> <li>3. Labeling toxic chemicals and their safe keeping.</li> </ol>	<ul style="list-style-type: none"> <li>• Written test</li> </ul>	<p>4 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMIC - BREAD AND PASTRY PRODUCTION  
(Exploratory)**

Content Standard	Performance Standard	Learning Competencies	Project/ Activities	Assessment	Duration
<b>LESSON 5: PRACTICING OCCUPATIONAL HEALTH AND SAFETY PROCEDURES</b>					
<p><i>Demonstrate understanding of/on:</i></p> <ul style="list-style-type: none"> <li>Philippine OHS Standards</li> <li>Effects of hazards in the workplace</li> </ul>	<ol style="list-style-type: none"> <li>Effects of hazards are determined.</li> <li>OHS issues and concerns are identified in accordance with workplace requirements and relevant workplace OHS legislation.</li> </ol>	<p>LO1. Evaluate hazards and risks</p>	<ol style="list-style-type: none"> <li>Film viewing on the effects of hazard risks.</li> <li>Visiting people in the workplace and interviewing personnel.</li> </ol>	<ul style="list-style-type: none"> <li>Written examination</li> </ul>	<p>4 hours</p>

K to 12 TECHNOLOGY AND LIVELIHOOD EDUCATION

**HOME ECONOMIC - BREAD AND PASTRY PRODUCTION  
(Exploratory)**

<b>Content Standard</b>	<b>Performance Standard</b>	<b>Learning Competencies</b>	<b>Project/ Activities</b>	<b>Assessment</b>	<b>Duration</b>
<ul style="list-style-type: none"> <li>• Safety Regulations</li> <li>• Clean Air Act</li> <li>• Electrical and Fire Safety Code</li> <li>• Waste management</li> <li>• Contingency Measures and Procedures</li> </ul>	<ol style="list-style-type: none"> <li>1. In dealing with workplace accidents, fire and emergencies are followed in accordance with the organization's OHS policies.</li> <li>2. Personal protective equipment for controlling hazards is correctly used in accordance with organization's OHS procedures and risks are strictly followed.</li> </ol>	LO2. Control hazards and risk	<ol style="list-style-type: none"> <li>1. Familiarizing oneself with the locations of emergency or fire exits and first aid kit.</li> <li>2. Showing the proper use of Personal Protective Equipment (PPE).</li> <li>3. Practicing proper segregation techniques</li> </ol>	<ul style="list-style-type: none"> <li>• Written Test</li> </ul>	4 hours
<ul style="list-style-type: none"> <li>• Operational health and safety procedure, practices and regulations</li> <li>• Emergency-related drills and training</li> </ul>	<ol style="list-style-type: none"> <li>1. Procedures in emergency related drill are strictly followed in line with the established organization guidelines and procedures.</li> <li>2. OHS personal records are filled up in accordance with workplace requirements.</li> </ol>	LO3. Maintain occupational health and safety awareness	<ol style="list-style-type: none"> <li>1. Doing emergency drills on fire and earthquakes and performing first aid measures on hazards.</li> <li>2. Filling-up OHS records properly.</li> </ol>	<ul style="list-style-type: none"> <li>• Written examination</li> </ul>	4 hours
					<b>40 hours</b>