

## Core Skills Analysis

### Science

- The 14-year-old student learned about the chemical reactions involved in baking, such as how yeast makes dough rise.
- They gained an understanding of the importance of accurate measurements for ingredient ratios and how it affects the final product.
- Through observing the changes in texture and structure during baking, they learned about the concepts of heat transfer and the denaturation of proteins.
- They explored the role of different ingredients like baking powder or baking soda in creating light and fluffy baked goods.

### Tips

For continued development related to baking, encourage the student to experiment with variations in recipes by substituting ingredients or adjusting baking times to observe the impact on the final product. Additionally, they can further their understanding by researching the science behind specific baking techniques and ingredients. Incorporating baking challenges or themed bake-offs with friends or family can also enhance their skills and creativity in the kitchen.

### Book Recommendations

- [The Complete Baking Book for Young Chefs](#) by America's Test Kitchen Kids: A comprehensive guide filled with easy-to-follow recipes and essential baking techniques designed for aspiring young bakers.
- [Kitchen Science Lab for Kids: 52 Family Friendly Experiments from Around the House](#) by Liz Lee Heinecke: An interactive book that combines baking with science experiments to teach children about the scientific principles behind cooking and baking.
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