

CULINARY ARTS II

5 Credits Grades 10-11-12

Pre-requisite: Culinary Arts I

Course Outline

Unit 1 - Nutrition; kitchen safety and sanitation; review kitchen equipment and measuring techniques, proper table manners, microwave cooking and baking yeast bread. Students will learn the different nutrients, the benefits of them and the importance of safety and sanitation rules for the kitchen.

Unit 2 - Meal planning, cooking for guests, a Thanksgiving meal, gingerbread houses, holiday desserts, soup, baking yeast bread and international foods. Students will learn the different types of table service, proper table manners, and advanced baking techniques and projects.

Unit 3 – Career planning, casseroles, beef and fish. Students will also operate a candy store.

Unit 4 - Principles of making fresh pasta; designing a kitchen layout and methods of cooking poultry. Students will discover the regional foods of America and also practice basic cake decorating.

Learning Objective:

This is a course for the student seriously interested in food preparation and / or pursuing the culinary arts in college or a career. Students will refine skills and techniques during cooking labs and experiment with difficult food preparation techniques including sauces, pastries and soup. Students will prepare dishes from different regions of the United States and from around the world. Cooking labs alternate in combination with weekly class work about various food units and nutrition. Family, Career and Community Leaders of America (FCCLA) competitive events, community service, and leadership activities provide the opportunity to apply essential standards and workplace readiness skills through authentic experiences. Students successful in this course will be eligible for recommendation for Culinary Arts III.

Grading Scale:

Assignments: (Classwork/Homework) 30%

Assessments: (Test/Projects/Quizzes) 60%

Quarterly: (end of Marking Period Exam) 10%

Total: 100%

Materials:

The Goodheart-Wilcox Company, Inc. *Guide to Good Food* 2008

Prentice Hall. *The World of Food* 1990

Bobbs, Merrill. *Joy of Cooking* 2006

Golden. *Betty Crocker's Cookbook* 1995

Conde Nast. *Bon appetit* magazines

HP Stream laptops and iPads