

CULINARY ARTS I

5 Credits Grades 10-11-12

Pre-requisite: None

Course Outline

Unit 1 - Food Borne Illness, Kitchen Safety, Nutrition, measuring, kitchen equipment. Students will learn the different nutrients, the benefits of them and the importance of safety and sanitation rules for the kitchen. Students will begin working in food labs working with quick breads and fruit recipes.

Unit 2 - Baking concepts including the different types of cookies and types of cakes. Students will give a demonstration of baking a cake. Students will understand the different vegetable classifications and how to cook with vegetables.

Unit 3 – Advanced baking concepts including yeast breads and pies. Students will understand how to work with yeast and pie crust. Students will discover the properties of a healthy bread and design a bread ad.

Unit 4 - Dairy, eggs, cheese and protein. Students will understand how to cook with proteins. Students will demonstrate ability to cook with milk, eggs, cheese and meat. Students will discover the different cuts of meat on an animal.

Learning Objective:

This introductory Culinary Arts class provides the student with an opportunity to gain knowledge and skill in food preparation during cooking labs. Students will learn basic cooking techniques using recipes. Emphasis on following proper procedures for safety in the kitchen is made a priority. 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 to continue in Culinary Arts II.

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