

Culinary Essentials Grades 9-12

Mrs. Knoche

Credit: 1

Type: Elective

Length: Year-long

Prerequisite: FCS 7/8

Course Description:

This course adds to the knowledge of basic cooking techniques. Students will be presented techniques required for purchasing and preparing foods. This application opportunity will help them be more effective in the supermarket and in the kitchen. They will also cover nutrition, advertising, ServSafe, and cultural cooking.

Operate School Breakfast Program: CRUNCHY MUNCHY EXPRESS

Prepare and serve breakfast every Tuesday and Thursday. Menu offering includes a drink & breakfast entrée for \$2.

Course Expectations

Kitchens & Equipment Arrangement, Design, Efficiency Use, Choosing and Safety Lab Rules

Food safety Serve Safe

Preservation Tools, Techniques & Safety Science

Microwave Safe Use, Science

Quick Breads Techniques, Ingredients, Science Lab

Yeast Breads Methods & Kneading, Ingredients & Science, Video & Labs

Pastry Technique Ingredients & Science Samaritan Pies

Gingerbread Houses Dough & Frosting, Design & Construction

Assessment Iron Chef

Advertising Techniques Effects: The Persuaders Project

Nutrition Essential Nutrients, Digestion, MyPlate

Soups & Sauces Basic techniques

Grains & Pasta Types, preparation and techniques

Vegetarian Types- Presentation, Cooking, Nutrition, Lab

Vegetables Types, Preparation, Lab

Fruits Research & Presentation, Preparation

Decorating Techniques Equipment and Techniques

Egg Cookery Techniques, Preparation Project

Dairy Types, Purchasing, Preparation

Recipes copied for each lab: Home Cooking Assignments completed each quarter.

Textbooks and Materials:

Food for Today ©2010 - McGraw-Hill Education

Grading:

Student grades will be based on: 1) projects, 2) class participation, 3) activities and worksheets 4) tests and 5) portfolio which will be collected at the end of each semester. Grades are based on a point system. Values will vary based on the difficulty and importance.

Recipe Writing and Collection: each recipe 2pts copied, filed and ready when requested.

Class Rules:

Be Prompt:

- Arrive on Time
- Be seated and ready when the bell rings.

Be Prepared

- Bring Materials to class
- Homework needs to be with you and finished on due date.

Be Responsible

- Follow Instructions

- Use restrooms and get drinks between classes
- Use lab areas with permission
- Follow all safety rules

Be Respectful

- Keep hands, feet and objects to yourself
- Be positive toward each other and your teacher
- Wait your turn to speak and listen to what others have to say