

# Culinary Arts 1 Overview

Content Area: **Family/Consumer Science**  
Course(s): **CULINARY ARTS I**  
Time Period:  
Length: **90 Days**  
Status: **Published**

## Cover

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### **EAST BRUNSWICK PUBLIC SCHOOLS**

**East Brunswick New Jersey**

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Course Adoption: 4/21/1986

Curriculum Adoption: 4/21/1986

Date of Last Revision Adoption: 9/1/2017

## Course Overview

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## COURSE DESCRIPTION

Culinary Arts 1 is a semester course elective offered to students in grades 10-12. This food preparation course is a prerequisite for Culinary Arts 2 and meets five days per week for forty two minutes. This course is designed to provide students with basic food preparation principles and techniques that allow students to live and work independently. Kitchen safety, food safety and sanitation, kitchen utensil and equipment, introductory knife skills, measurements, abbreviations, equivalents, recipe interpretation, food preparation terminology, are all taught as a foundation for the course. The food units introduced in this course correlate with MyPlate and include the following areas of study: vegetables and fruits, introductory baking, quick breads, yeast breads, herbs and spices, American Regional Cuisine, pastas, grains and cereals, proteins, and dairy.

The use of cooperative learning groups in the classroom will offer students the opportunity to demonstrate teamwork, leadership roles, decision making strategies, time management and conflict resolution skills. The application of these learned family and consumer science skills will assist students in all aspects of their daily lives and careers. All students will receive the NJ Food Handlers Certification before lab work begins.

## COURSE SCOPE AND SEQUENCE

Sequential Unit Description	Associated CPI's to be Achieved	Other Pacing Guide References	Proficiency (Summative) Assessments
Unit 1 – Introduction to Course			
• Seat assignments			Quiz - Fire Safety
• Name cards and folders			
• Classroom Procedures			Quiz – Measurements, Equivalents, and Abbreviations
• Monthly Calendar/Daily Do Now	CRP1, CRP2, CRP4, R1, R2, R3, R4, R5, R7, R8, R10, 8 Days		DO NOW/SUM IT UP
• Ice Breaker	R11-12.1, R11-12.4, R11-12.6, SL1, SL2, SL-12.1.B		SHEET
• Course Objectives			
• Classroom Rules			
• Action Plan			
• Student Responsibilities			Recipe Reading
• Lab Expectations and Procedures			
• Student/Teacher Contract			
• Student Information Handout			

- Foods Lab Responsibilities
- Hand washing/Dishwashing Procedures
- Recipe Interpretation
- Food Preparation Glossary
- Fire and Kitchen Safety
- Get to Know Your Kitchen
- Scavenger Hunt – Equipment and Utensil Identification
- Measuring, Equivalents, and Abbreviations

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Unit 2 – Baking	CRP1, CRP2, CRP4, CRP6, CRP8, CRP9, CRP12, R1, R2, R3, R4, R5, R7, R8, R10, R11- 12.1, R11- 12.4, R11- 12.6, SL1, SL2, SL- 12.1.B,	3 Days	Lab Evaluation
<ul style="list-style-type: none"> <li>• Types of Cookies</li> <li>• Principles of Baking</li> <li>• Oven Care and Usage</li> <li>• Lab – Nestle’s Toll House Chocolate Chip Cookies</li> </ul>			
Unit 3 –Vegetables			DVD Worksheet – Selection and Storage of Vegetables
<ul style="list-style-type: none"> <li>• Selection and Storage of Vegetables</li> <li>• Classifications</li> <li>• Nutrient Contribution</li> <li>• Forms</li> <li>• Principles of Cookery</li> <li>• Selection and Buying</li> <li>• Care and Storage</li> <li>• Knife Skills</li> <li>• Knife Identification, Function, Safety, and Care</li> </ul>	CRP1, CRP2, CRP4, CRP6, CRP8, CRP9, CRP12,  2.1.12.C.1,  R1, R2, R3, R4, R5, R7, R8, R10, R11- 12.1, R11- 12.4, R11- 12.6, SL1, SL2, SL- 12.1.B	10 Days	Vegetable Packet   Video Worksheet – Knife Skills  Knife Packet  Quiz – Vegetables, Knife Skills, and Food Preparation Terminology

- Knife Demonstration
- Garnish Demonstration
- Labs

#### Unit 4 –Quick Breads

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|--|--|---------|---------------------------------------|
| • Quick Breads                           | CRP1, CRP2,<br>CRP4, CRP6,<br>CRP8, CRP9,<br>CRP112, R-1,<br>R2, |         | Video Worksheet –<br>Quick Breads     |
| • Define Quick Breads                    |  |         |                                       |
| • Types of Quick Bread Batters and Dough | R3, R4, R5,  |         | Functions of Ingredients<br>Worksheet |
| • Methods of Mixing                      | R7, R8, R10,<br>R11-12.1,<br>R11-12.4,                           | 10 days |                                       |
| • Functions of Ingredients               |  |         | Lab Evaluation                        |
| • Terminology                            |  |         |                                       |
| • Gluten Development Demonstration       | R11-12.6,<br>SL1, SL2, SL-<br>12.1.B                             |         | Quiz – Quick Breads                   |
| • Labs                                   |  |         |                                       |

#### Unit 5 –Herbs and Spices

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|---|---|--------|--|
| • Romance of the Spices                     | CRP1, CRP2,<br>CRP4, CRP6,<br>CRP8, CRP9,<br>CRP12,   |        | Video Worksheet –<br>Romance of the Spices       |
| • Functions, Medicinal Qualities, & Storage | R1, R2, R3,<br>R4, R5, R7,<br>R8, R10, R11-<br>12.1, R11-<br>12.4, R11-<br>12.6, SL1,<br>SL2, SL-<br>12.1.B | 8 Days | Research Project –Oral<br>and Written Assessment |
| • Research Project                          |   |        |  |
| • Labs                                      |   |        | Lab Evaluation                                   |

#### Unit 6 –Grains and Cereals

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|---|---|---------|--|
| • Pasta, The Inside Story                             | CRP1, CRP2,<br>CRP4, CRP6,<br>CRP8, CRP9,   |         | Video Worksheet –<br>Pasta, The Inside Story |
| • Cooking Perfect Pasta                               |   |         |  |
| • Pasta Varieties                                     | CRP12, R1,<br>R2, R3, R4,<br>R5, R7, R8,<br>R10, R11-<br>12.1, R11-<br>12.4, R11-<br>12.6, SL1,<br>SL2, SL-<br>12.1.B | 15 Days | DVD Worksheet – Rice                         |
| • Rice  |   |         | Cereal Packet                                |
| • Rice Varieties                                      |   |         |  |
| • Cereals and Breads – Structural Parts of the Kernel |   |         | Lab Evaluation                               |

- Labs

Quiz – Herbs, Spices,  
Pasta, Rice, and Grains

## Unit 7 –Poultry

- Poultry Selection, Safe Handling and Storage Procedures, Nutritional Qualities, and Preparation Principles

CRP1, CRP2,  
CRP4, CRP6,  
CRP8, CRP9,  
CRP12,  
2.1.12.C.1,

Video Worksheet

- Food-Borne Illness, Salmonella, and Cross Contamination

R1, R2, R3,  
R4, R5, R7, 5 Days  
R8, R10, R11-

Poultry Packet

- Labs

12.1, R11-  
12.4, R11-  
12.6,

Lab Evaluation

## Unit 8 –Meat

- Meat Selection, Safe Handling and Storage Procedures, Nutritional Qualities, and Preparation Principles

SL1, SL2, SL-  
12.1.B

Video Worksheet

- Food-Borne Illness, Salmonella, and Cross Contamination

CRP1, CRP2,  
CRP4, CRP6,  
CRP8, CRP9,  
CRP12,  
2.1.12.C.1,  
R1, R2, R3,  
R4, R6, R7, 5 Days  
R8, R10, R11-  
12.1,

Meat Packet

Cow Project

Lab Evaluation

- Cow Project

R11-12.4,  
R11-12.6,  
SL1, SL2, SL-  
12.1.B

Quiz-Meat and Poultry

- Labs

Video Worksheet

## Unit 9 –Yeast Breads

- Define Yeast

CRP1, CRP2,  
CRP4, CRP6,  
CRP8, CRP9,  
CRP12, R1,

Guide to Good Food –  
Yeast Bread Activity  
Sheet

- Functions of Ingredients in Yeast Breads
- Methods of Yeast Bread Preparation and Storage Procedures

R2, R3, R4,  
R5, R7, R8, 8 Days  
R10, R11-

Yeast Bread Crossword  
Puzzle

- Yeast Bread Terminology

12.1, R11-  
12.4, R11-  
12.6, SL1,  
SL2, SL-  
12.1.B

Video Worksheet

- Video – Pizza Basics

Yeast Bread Study Sheet

- Labs

Lab Evaluation

Quiz – Yeast Bread

## Unit 10 –Dairy

- Define Calcium

CRP1, CRP2,  
CRP4, CRP6, 4 Days  
CRP8, CRP9,

Video Worksheet

• Functions of Calcium and Nutritional Qualities	CRP12	Milk Word Find
• Signs of Deficiency	2.1.12.C.1, R1, R2, R3, R4, R5, R7,	
• Principles of Cooking with Milk	R8, R10, R11- 12.1, R11- 12.4, R11- 12.6, SL1, SL2, SL- 12.1.B	Lab Evaluation
• Lab		
Unit 11 –Eggs		
• Structure of Egg	CRP1, CRP2, CRP4, CRP6, CRP8, CRP9, CRP12	Pretest -What Do You Know About Eggs?
• Nutritional Contributions		
• Grades and Sizes of Eggs	2.1.12.C.1, R1, R2, R3, R4, R5, R7, 3 Days	
• Egg Storage	R8, R10, R11- 12.1,	Egg Problem Solver
• Principles of Egg Cookery		
• Functions of Eggs	R11-12.4, R11-12.6, SL1, SL2, SL- 12.1.B	Lab Evaluation
• Egg Terminology		
• Lab		

## CONTENT FOCUS AREA AND COURSE NAME

**Course Name: Culinary Arts 1, #1352**

Course Number	School Numbers	Course Level	Grads(s)	Credits	Min. Per Week	Elective/ Required	Initial Course Adopted
1352	050	S	10-12	2.50	210	E	04/21/86

## Textbooks and Other Resources

### Textbooks

- Guide to Good Food, Teacher's Wraparound Edition, Largen, Velda L., Bence, Deborah L., The Goodheart-Willcox Company, Inc. Copyright 2004
- Guide to Good Food, Largen, Velda L., Bence, Deborah L., The Goodheart-Willcox Company, Inc. Copyright 2006

## Videos and DVDs

- Fire in the Kitchen – Video, Film Communicators (16 minutes)
- Kitchen Food Safety – Video, FDA, 1996 (8 minutes, 30 seconds)
- Smart Cookie: A Baking Basics Feature, Home Baking Association, 1996
- Selecting and Storing Vegetables – DVD, Meridian Education Corporation (13 minutes)
- World Chef Knife Skills
- Quick Breads – Video, Meridian Education Corporation (12 minutes, 45 seconds)
- Batter Up: Basic Batter for Pancakes and Muffins – Video, Home Baking Association, 1995
- Cooking at the Academy: Entertaining with Crepes – Video, IVN Communications Incorporated (30 minutes)
- Romance of Spices – Video, McCormick and Company Incorporated, 1988 (22 minutes, 25 seconds)
- Pasta: The Inside Story – Video, National Pasta Association, (15 minutes)
- Exploring the World of US Rice – DVD, USA Rice Federation, 2007, (22 minutes)
- Take a Cook on the Wild Side – Video, National Cattlemen’s Beef Association, (20 minutes)
- Baking Basics: Yeast Breads – Video, (14 minutes)
- Pizza Basics – Video, Home Baking Association, 1994 (16 minutes)
- Baking for Success: Lessons that go beyond kneading dough, Lesson 3: Focaccia – Video, Home Baking Association Incorporated
- Perfect Bread: How to Conquer Bread Baking – Video, Betsy Oppenneer, 1990
- A Crash Course on Calcium –Video, National Fluid Milk Processor Promotion Board, 1997 (22 minutes)
- Portion Control: Seeing the Healthy Way to Eat – DVD, Human Relations Media (22 minutes)

## Standards

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9.3.12.AG.1	Analyze how issues, trends, technologies and public policies impact systems in the Agriculture, Food & Natural Resources Career Cluster.
9.3.12.AG.3	Examine and summarize the importance of health, safety and environmental management systems in AFNR businesses.
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.

CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
CRP.K-12.CRP10	Plan education and career paths aligned to personal goals.
CRP.K-12.CRP11	Use technology to enhance productivity.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
HPE.2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.
HPE.2.1.12.B.CS1	Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.
HOSP.9-12.9.4.12.I.(1).3	Demonstrate listening, writing, and speaking skills to enhance guest/customer satisfaction.
HOSP.9-12.9.4.12.I.(1).5	Research costs, pricing, and market demands, as well as effective marketing strategies used in the pathway, to manage business profitability.
HOSP.9-12.9.4.12.I.1	Demonstrate language arts knowledge and skills required to pursue the full range of postsecondary education and career opportunities.
HOSP.9-12.9.4.12.I.2	Demonstrate mathematics knowledge and skills required to pursue the full range of postsecondary education and career opportunities.
HOSP.9-12.9.4.12.I.3	Demonstrate science knowledge and skills required to pursue the full range of postsecondary education and career opportunities.
HOSP.9-12.9.4.12.I.4	Demonstrate knowledge of marketing techniques used to sell products and services in this cluster.
HOSP.9-12.9.4.12.I.5	Apply knowledge of cultures and information from geographical studies to develop products and services for this industry.
HOSP.9-12.9.4.12.I.6	Identify effects of the economy on this industry to effectively plan products and services.
HOSP.9-12.9.4.12.I.7	Compare and contrast management styles that are appropriate to various types of establishments in this cluster to gain familiarity with the requirements for all venues.

## **Grading and Evaluation Guidelines**

### **GRADING PROCEDURES**

In terms of proficiency level the East Brunswick grades equate to:

- A    Excellent - Advanced Proficient
- B    Good Above Average - Proficient



- C Fair - Proficient
- D Poor - Minimally proficient
- F Failing - Partially Proficient

50% Lab Grades: Recipe examination, interpretation, and execution; proper selection and usage of utensils and equipment; identifying and fulfilling lab tasks; exhibiting teamwork; demonstrating proper and thorough sanitation and safety procedures; displaying responsible and respectful behavior.

20% Quizzes, Tests, and Projects

20% Class Work Assignments and Folders

10% Work Place Policy, Attitude, and Participation

### **COURSE EVALUATION**

Each quarter students will be evaluated with tests and programming assignments using a total point basis to determine the quarter average. The semester/course average will be a weighted average of the 2 quarter averages (40% each) and a final exam (20%); in a full year course, each quarter is worth 20% of a student's final grade and each exam (midterm & final) is worth 10% of the student's final grade.

Course achievement will be evaluated based on the percent of all pupils who achieve the minimum level of proficiency (final average grade) in the course. Student achievement levels above minimum proficiency will also be reported. Final grades, and where relevant mid-term and final exams, will be analyzed by staff for the total cohort and for sub-groups of students to determine course areas requiring greater support or modification.)

### **Other Details**

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#### **16054 Nutrition and Food Preparation**

Nutrition and Food Preparation courses provide students with knowledge and skills about food preparation and/or production, with a strong emphasis on nutrition, balanced diets, and satisfying special dietary needs. Topics typically include assessing nutrient content, the science of food and nutrition, physiology and utilization of nutrients. Course content may also cover additives, contaminants, food borne illnesses, and food technology.

