

# Culinary Essentials Overview

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

## Cover

---

### **EAST BRUNSWICK PUBLIC SCHOOLS**

**East Brunswick New Jersey**

#### **Superintendent of Schools**

Dr. Victor P. Valeski

#### **BOARD OF EDUCATION**

Todd Simmens, President

Vicki Becker, Vice President

Susanna Chiu

Robert Cancro

Liwu Hong

Laurie Lachs

Barbara Reiss

Chad Seyler

Meredith Shaw

Course Adoption: 4/21/1986

Curriculum Adoption: 4/21/1986

Date of Last Revision Adoption: 9/1/2017

## Course Overview

---

## COURSE DESCRIPTION

Culinary Essentials is a semester course elective offered to students in grades 8-9. This food preparation course meets five days per week for forty-two minutes. This course is designed to provide students with basic food preparation principles and techniques that can be applied to daily living. Kitchen safety, sanitation, measurements, abbreviations, equivalents, recipe interpretation, food preparation terminology, utensil and equipment identification 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, quick breads, grains and cereals, poultry, meat, yeast breads, dairy, eggs, and fats and oils.

The use of cooperative learning groups in the classroom will give 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 our students in all aspects of their daily lives. The goal is for our students to gain confidence and independence in the kitchen upon completion of this course.

## COURSE SCOPE AND SEQUENCE

Sequential Unit Description	Other Pacing Guide References	Proficiency (Summative) Assessments
Unit 1 – Introduction to Course		
<ul style="list-style-type: none"><li>• Seat assignments</li></ul>		Quiz - Fire Safety
<ul style="list-style-type: none"><li>• Name cards and folders</li></ul>		
<ul style="list-style-type: none"><li>• Classroom Procedures</li></ul>		Quiz – Measurements, Equivalents, and Abbreviations
<ul style="list-style-type: none"><li>• Monthly Calendar/Daily Do Now</li></ul>		
<ul style="list-style-type: none"><li>• Ice Breaker</li></ul>	8 Days	
<ul style="list-style-type: none"><li>• Course Objectives</li></ul>		DO NOW/SUM IT UP SHEET
<ul style="list-style-type: none"><li>• Classroom Rules</li></ul>		
<ul style="list-style-type: none"><li>• Action Plan</li></ul>		
<ul style="list-style-type: none"><li>• Student Responsibilities</li></ul>		Recipe Reading
<ul style="list-style-type: none"><li>• Lab Expectations and Procedures</li></ul>		
<ul style="list-style-type: none"><li>• Student/Teacher Contract</li></ul>		

- 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

m

## Unit 2 – Baking

- Types of Cookies
- Principles of Baking 3 Days Lab Evaluation
- Oven Care and Usage
- Lab – Nestle’s Toll House Chocolate Chip Cookies

## Unit 3 –Vegetables

- Selection and Storage of Vegetables DVD Worksheet – Selection and Storage of Vegetables
- Classifications
- Nutrient Contribution Vegetable Packet
- Forms 10 Days
- Principles of Cookery Video Worksheet – Knife Skills
- Selection and Buying
- Care and Storage Knife Packet
- Knife Skills
- Knife Identification, Function, Safety, and Care Quiz – Vegetables,

- Knife Demonstration
- Garnish Demonstration
- Labs

Knife Skills, and Food Preparation Terminology

#### Unit 4 –Quick Breads

- Quick Breads
- Define Quick Breads
- Types of Quick Bread Batters and Dough
- Methods of Mixing
- Functions of Ingredients
- Terminology
- Gluten Development Demonstration
- Labs

10 days

Video Worksheet – Quick Breads

Functions of Ingredients Worksheet

Lab Evaluation

Quiz – Quick Breads

#### Unit 5 –Herbs and Spices

- Romance of the Spices
- Functions, Medicinal Qualities, & Storage
- Research Project
- Labs

8 Days

Video Worksheet – Romance of the Spices

Research Project –Oral and Written Assessment

Lab Evaluation

#### Unit 6 –Grains and Cereals

- Pasta, The Inside Story
- Cooking Perfect Pasta
- Pasta Varieties
- Rice
- Rice Varieties
- Cereals and Breads – Structural Parts of the Kernel
- Labs

15 Days

Video Worksheet – Pasta, The Inside Story

DVD Worksheet – Rice

Cereal Packet

Lab Evaluation

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

### Unit 7 –Poultry

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

5 Days

Video Worksheet

Poultry Packet

- Food-Borne Illness, Salmonella, and Cross Contamination

- Labs

Lab Evaluation

### Unit 8 –Meat

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

5 Days

Video Worksheet

Meat Packet

Cow Project

- Food-Borne Illness, Salmonella, and Cross Contamination

Lab Evaluation

- Cow Project

Quiz-Meat and Poultry

- Labs

Video Worksheet

### Unit 9 –Yeast Breads

- Define Yeast
- Functions of Ingredients in Yeast Breads

- Methods of Yeast Bread Preparation and Storage Procedures

8 Days

Guide to Good Food –  
Yeast Bread Activity  
Sheet

Yeast Bread Crossword  
Puzzle

- Yeast Bread Terminology

Video Worksheet

- Video – Pizza Basics

Yeast Bread Study  
Sheet

- Labs

Lab Evaluation

Quiz – Yeast Bread  
Video Worksheet

### Unit 10 –Dairy

- Define Calcium

- Functions of Calcium and Nutritional Qualities

4 Days

Milk Word Find

- Signs of Deficiency

Lab Evaluation

- Principles of Cooking with Milk

- Lab

#### Unit 11 –Eggs

- Structure of Egg

- Nutritional Contributions

Pretest -What Do You Know About Eggs?

- Grades and Sizes of Eggs

- Egg Storage

3 Days

Egg Problem Solver

- Principles of Egg Cookery

- Functions of Eggs

Lab Evaluation

- Egg Terminology

- Lab

#### Unit 12 – Community Service

- Define Community Service

- Holiday Cookie Platters – Senior Center, Administration, and Staff

5 Days

Lab Evaluation

- Senior Citizen's Prom

#### UNIT 13 – Careers

- Identify food-oriented careers

- Establish skills and education required

5 days

1 and 3

- Research career options

- Create multimedia presentation and recent research

### CONTENT FOCUS AREA AND COURSE NAME

*Course Name: Culinary Essentials, #2362*

Course Number	School Numbers	Course Level	Grads(s)	Credits	Min. Per Week	Elective/ Required	Initial Course Adopted
2362	050	S	8-9	2.50	210	E	04/21/86

## **PRIMARY CONTENT AREA AND SECONDARY AREAS OF FOCUS**

NJCCC Standard	NJCCC Standard	NJCCCS Standard	
1. Visual and Performing Arts	5. Science	S 9. 21st Century Life & Careers	P
2. Health and Physical Education	S 6. Social Studies		
3. Language Arts Literacy	S 7. World Languages		
4. Mathematics	S 8. Technology Literacy	S	

## **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 Oppenheimer, 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

---

9.3.12.ED.1	Apply communication skills with students, parents and other groups to enhance learning and a commitment to learning.
9.3.12.ED.2	Demonstrate effective oral, written and multimedia communication in multiple formats and contexts.
9.3.12.AG-FD.1	Develop and implement procedures to ensure safety, sanitation and quality in food product and processing facilities.
9.3.12.AG-FD.2	Apply principles of nutrition, biology, microbiology, chemistry and human behavior to the development of food products.
9.3.12.AG-FD.3	Select and process food products for storage, distribution and consumption.
9.3.12.ED-ADM.2	Identify behaviors necessary for developing and sustaining a positive learning culture.
12.9.3.MN-PPD.3	Monitor, promote and maintain a safe and productive workplace using techniques and solutions that ensure safe production of products.
12.9.3.MN-PRO.2	Manage safe and healthy production working conditions and environmental risks.
LA.RST.6-8.2	Determine the central ideas or conclusions of a text; provide an accurate summary of the text distinct from prior knowledge or opinions.
LA.RST.6-8.3	Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.
LA.WHST.6-8.1.A	Introduce claim(s) about a topic or issue, acknowledge and distinguish the claim(s) from alternate or opposing claims, and organize the reasons and evidence logically.
LA.WHST.6-8.1.C	Use words, phrases, and clauses to create cohesion and clarify the relationships among claim(s), counterclaims, reasons, and evidence.

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.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
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.
CAEP.9.2.12.C.3	Identify transferable career skills and design alternate career plans.
CAEP.9.2.12.C.4	Analyze how economic conditions and societal changes influence employment trends and future education.
TECH.8.1.2.A.2	Create a document using a word processing application.
TECH.8.1.5.A.2	Format a document using a word processing application to enhance text and include graphics, symbols and/or pictures.
TECH.8.1.P.A.1	Use an input device to select an item and navigate the screen.
TECH.8.1.P.A.2	Navigate the basic functions of a browser.

## **Grading and Evaluation Guidelines**

---

### **GRADING PROCEDURES**

The following evaluation procedures will be employed to determine student performance:

- 30% Lab Grades
- 20% Quiz/Tests
- 20% Projects/Research
- 10% Class Work Assignments
- 10% Participation/Work Ethic
- 10% Homework

### **COURSE EVALUATION**

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.)

The goal of this course is for a minimum of 95% of the total number of enrolled students to attain at least the minimum proficiency level.

## **Other Details**

---

### **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.