Unit 2: Trainings in tools and techniques

Content Area: **Family and Consumer Sciences**
Course(s): **Culinary Arts**
Time Period: **October**
Length: **10 blocks**
Status: **Published**

Enduring Understandings

Knowledge of large and small kitchen tools and how to use them properly leads to healthy, tasty food.

Food preparation tools and equipment have specific uses and affect food preparation outcomes.

Proper work habits in food preparation are necessary to health, safety, and sanitation.

Successful product outcomes depend on accurate interpretation of recipes.

Knowing how to follow a recipe helps ensure successful food preparation outcomes.

Knowledge of how to utilize kitchen tools, and measure ingredients properly leads to culinary success.

Lifelong learning increases knowledge and can improve the quality of life.

Essential Questions

How can basic culinary skills help you live a better life in the 21st Century?

How do 21st Century culinary arts skills and equipment differ from those in the past? How are food outcomes affected?

What would the outcome of food preparation efforts be, if measuring techniques varied from household to household?

Why should you plan a schedule before beginning food preparation experiences?

How can the ability to identify and use food preparation tools and equipment correctly make you a successful cook?

Why is it important to be able to identify and create a good recipe?

Why is knowledge of appropriate knife use and knife selection an important culinary skill?

Content

Cookware

Cooking utensils

Bakeware

Cookware materials

Cooking tools

Smallwares

Knives

Knife Skills

Major Appliance

Small Appliance

Saucepan

Skillet

Stockpot

Double boiler

Cookware materials

Aluminum

Cast Iron

Porcelain enamel

Copper

Multi-clad

Stainless steel

Glass

Food Preparation techniques

Food Preparation terminology

Skills

Define and give examples of major appliances and small appliances.

Identify the use and care for various kitchen utensils and demonstrate their use.

Identify types of knives, knife materials and demonstrate the use and care of knives.

Identify different types of cookware and cookware materials and explain how they affect food preparation results.

Identify the purpose of recipes and describe the types and parts of a recipe.

Define and demonstrate basic food preparation techniques.

Define basic food preparation terminology

Demonstrate proficiency in basic cooking techniques.

Accurately follow a recipe.

Differentiate a good recipe from a bad recipe.

Properly and accurately measure various ingredients.

Apply appropriate measuring and baking techniques and principles through a variety of lab experiences.

Resources

Food for Today

Guide to Good Food

Culinary Essentials

Cooks Illustrated

America's Test Kitchen

Standards

1.2	Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
2.4	Evaluate the effects of technology on individual and family resources in a global context.
8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.