Unit 8: Sensational soups, salads, and sandwiches

Content Area: **Language Arts Literacy**
Course(s): **Culinary Arts**
Time Period: **April**
Length: **8 blocks**
Status: **Published**

Enduring Understandings

Following a recipe and accurate measuring techniques ensure successful food preparation outcomes.

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.

Knowledge of how to utilize kitchen tools, follow a recipe and measure ingredients properly leads to great tasting food.

Cooking methodologies require the application of scientific principles while encouraging

Culinary creativity.

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

Essential Questions

How can you express your creativity with the creation of soups, salads, sandwiches and pizzas?

Why are the possibilities limitless when it comes to making soups, salads, sandwiches and pizzas?

Why are soups, salads, sandwiches and pizza popular across all nationalities and all age groups?

What are the attributes of an aesthetically pleasing soup, salads, sandwiches & pizza creations?

How does plate composition affect the sensory appeal of food?

How does planning a schedule before beginning food preparation experiences improve work efficiency and final product outcomes?

Why is it important to Demonstrate teamwork and leadership skills in the foods lab?

Content

Salad

Dressing

Vinaigrette

Emulsion

Salad greens

Garnish

Presentation

Sandwich

Open face

Finger sandwich

Wrap

Burger

Filling Focaccia

Pizza

Toppings

Soup

Stock

Broth

Skills

Describe different types of sandwiches and fillings.

Identify common types of sandwich accompaniments.

Explain guidelines for preparing and plating various sandwiches.

Prepare sandwiches, soups and pizzas.

Describe the types and characteristics of soups.

Present soups attractively garnished.

Describe the types and uses of sauces.

Use thickening agents properly.

Make a variety of sauces.

Explain how to avoid creating lumps when mixing a roux and liquid base for sauce or soup.

Identify the different types of pizza.

Prepare pizza dough using yeast.

Create a unique gourmet pizza attractively presented.

Resources

Food for Today

Guide to Good Food

Culinary Essentials

Cooks Illustrated

America's Test Kitchen

Bon Appetit

Standards

1.2	Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
1.2.3	Apply communication skills in school, community and workplace settings and with diverse populations.
1.2.4	Demonstrate teamwork skills in school, community and workplace settings and with diverse populations.
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.
8.5.6	Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
8.5.8	Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
8.5.9	Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques.
8.5.12	Demonstrate professional plating, garnishing, and food presentation techniques.
9.5	Demonstrate use of science and technology advancements in food product development and marketing.
9.5.3	Prepare food for presentation and assessment.
9.5.4	Maintain test kitchen/laboratory and related equipment and supplies.