

# Culinary Arts 1: Unit 2- Cooking Fundamentals

Content Area: **Family and Consumer Science**  
Course(s): **Foods 1**  
Time Period: **Semester 1 & 2**  
Length: **10 weeks**  
Status: **Published**

## Standards

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0xPERS.K-12.1.5 Belief in using abilities to their fullest to achieve high-quality results and outcomes  
0xPERS.K-12.2.A.2 Demonstrate creativity  
0xPERS.K-12.2.A.3 Use time-management, organizational and study skills  
0xPERS.K-12.2.B.1 Demonstrate ability to assume responsibility  
0xPERS.K-12.2.B.9 Demonstrate personal safety skills  
0xPERS.K-12.2.C.2 Create positive and supportive relationships with other student

CAEP.9.2.12.C

Career Preparation

## Enduring Understandings

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1. All chefs must learn how to use knives safely and efficiently in order to be successful in the kitchen.
2. Mastering basic egg, meat, poultry, and fish cooking techniques are essential for any successful chef.
3. Vegetarian cooking techniques, including creative preparation of vegetables, grains, beans, and pasta, are important for chefs to master.

## Essential Questions

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1. Why is it important to master basic cooking techniques?
2. What are fundamental components of visually and tastefully prepared meals?
3. Why is reflection and evaluation necessary in any work environment?

## **Knowledge and Skills**

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Students will be able to identify the appropriate knife for a task and use safe and effective skills to complete it.

Students will be able to create simple, but creative vegetarian dishes.

Students will be able to use culinary techniques to prepare a variety of appealing egg dishes.

Students will be able to prepare different and appealing potato dishes.

Students will be able to create an assortment of appealing breakfast quick breads, including waffles and pancakes.

Students will be able to prepare a variety of simple and appealing beef, poultry, and fish dishes.

Students will be able to set a table properly and use appropriate social skills when dealing with the public.

## **Resources**

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[Unit Plan](#)

Netflix.com

- Chefs table

- Salt Fat Acid Heat

Buzzfeed and Insider - used as research for current events

Alton Brown "Good eats" Series - egg files

Learning Seed - Food Safety video and worksheets

- Knife cuts video and worksheets "making the cut"

Food Network - <https://www.foodnetwork.com/>

Sugar spun run - <https://sugarpunrun.com/>

Culinary Institute of America teacher resources - <https://www.ciachef.edu/educators/>

Discovering foods textbook

Youtube

- <https://www.youtube.com/watch?v=s10etP1p2bU> - eggs

- [https://www.youtube.com/results?search\\_query=pie+crust](https://www.youtube.com/results?search_query=pie+crust) - pie crust designs

Kitchen equipment

- Nasco

- Hubert

Google Suite - <https://gsuite.google.com/>

- Google forms

- Google classroom

- Google slides

Factile - <https://www.playfactile.com/>

- use for review

allrecipes <https://www.allrecipes.com/> - used for recipes or inspiration

## **Transfer Goals**

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1. Students will be able to prepare meals using the basic principles of culinary arts.
2. Students will be able to use their culinary knowledge during self and team evaluation to continuously improve cooking skills.

## **Assessments**

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[Assessments](#)

## **Modifications**

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[Modifications](#)

