Cooking Fundamentals

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

Standards

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

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

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

- 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

- 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://sugarspunrun.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 - 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
- allreicpes https://www.allrecipes.com/ - used for recipes or inspiration

Transfer Goals

1. Students will be able to prepare meals using the basic principles of culiunary arts.

2. Students will be able to use their culinary knowledge during self and team evaluation to continuosly improve cooking skills.

Assessments

Assessments

Modifications

Modificiation