Fine Dining: Meat, Poultry, Fish, Vegetarian

Content Area: **Family and Consumer Science**
Course(s): **Foods 1**
Time Period: **Semester 1**
Length: **8 weeks**
Status: **Published**

Standards - NJCCS/CCSS

0xPERS.K-12.1.4	Understanding that postsecondary education and life-long learning are necessary for long-term career success
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.C.1	Use effective oral and written communication skills and listening skills
0xPERS.K-12.2.C.7	Use leadership and teamwork skills to work effectively in diverse teams

Enduring Understandings

1. Mastering advanced cooking methods, including sautéing, roasting, and stewing, establishes the foundation for the successful chef.

2. Chefs must learn intricate knife cuts and advanced skills, including butchering, boning and fluting, in order to prepare gourmet meals.

3. The ability to handle pressure and manage time while creating restaurant-quality meals are important to master in a workplace environment.

Essential Questions

1. Why is it important for all successful chefs to master advanced cooking techniques?

2. What are necessary components of a visually appealing and savory meal?

3. How does the addition of herbs and spices foster creativity?

Knowledge and Skills

Student will be able to make flavorful stocks that lead to nutritious, appealing soups.

Students will be able to use appropriate culinary techniques in order to prepare gourmet beef, poultry, and fish dishes.

Students will be able to create vegetarian dishes, with eggs, pasta, and grains, that appeal to both the gourmet and the health conscious diner.

Students will be able to design and prepare dishes that are well-balanced in taste, texture, and color in a high-pressure, competitive environment.

Students will be able to identify and demonstrate how to cook with different herbs and spices.

Resources

Unit Plan

Just the Facts Food and Kitchen Safety DVD

Top Chef Masters: Season 1: Episodes 1, 9 and 10

The Great British Baking Show: Seasons 1 through 4

Textbook: Discovering Foods

Julie and Julia DVD

Kitchen equipment

- Nasco
- Hubert

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

- Google forms
- Google classroom
- Google slides

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

- use for review

Transfer Goals

1. Students will be able to independently prepare meals that are worthy of service at gourmet restaurants.

2. Students will be able to use cooking techniques, knife handling skills, and core knowledge to work in a variety of food service situations with finesse and composure.

Assessments

Assessments

Modification

Modifications