

# Unit 7: The Art of Cooking

Content Area: **Family and Consumer Science**  
Course(s): **Family & Consumer Sciences I**  
Time Period: **3 weeks**  
Length: **Weeks**  
Status: **Published**

## Unit Overview

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Students will be able to understand why their success in the kitchen depends on precisely measuring, reading and following directions.

## Transfer

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Students will be able to independently use their learning to:

-Become successful in the kitchen by precisely measuring, reading and following directions.

## Meaning

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## Understandings

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Students will understand:

- Effective recipe writing.
- Preparation techniques.
- The three main ways of cooking food.

## **Essential Questions**

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Students will keep considering...

-The impact on one's success in the kitchen by precisely measuring and following procedures based on scientific principle.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know:

- How and why a recipe might be modified
- Choice and use of appropriate tools and methods for measuring different types of foods
- Safe and efficient cutting techniques
- The heat transfer processes
- How different cooking methods affect food quality and nutrition

### **Students will be skilled at...**

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Students will be skilled at...

- Modifying recipes
- Choosing and using appropriate tools and methods for measuring different types of foods
- Efficient cutting techniques
- Using various heat transfer processes
- Cooking methods and how they affect food quality and nutrition

## **Academic Vocabulary**

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### **Using Recipes**

Customary System

Equivalent

High-Altitude cooking

Metric System

Recipe

Volume

Weight

Yield

### **Preparation Techniques**

Coating

Mixing

Cutting

Taring

### **Cooking Methods**

Arcing

Conduction

Convection

Cooking power

Dry-heat cooking

Maillard reaction  
Microwave time  
Microwaving  
Moist-heat cooking  
Radiation  
Sear  
Smoking point  
Standing time  
Wok

## **Developing a Work Plan**

Dovetail  
Pre-preparation  
Teamwork  
Timetable  
Work Plan

## **Learning Goal 1**

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Students will demonstrate knowledge of effective recipe writing.

- Students will demonstrate knowledge of effective recipe writing.

CRP.K-12.CRP8

Utilize critical thinking to make sense of problems and persevere in solving them.

FCSE.9-12.8.4.2

Apply menu-planning principles to develop and modify menus.

FCSE.9-12.8.4.7

Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.

HOSP.9-12.9.4.12.I.12

Use correct grammar, punctuation, and terminology to write and edit documents.

TECH.K-12.1.1

Empowered Learner

TECH.K-12.1.6

Creative Communicator

## Target 1

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Evaluate the clarity and completeness of a recipe

- Evaluate the clarity and completeness of a recipe

## Target 2

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Explain how and why a recipe might be modified

- Explain how and why a recipe might be modified

## Learning Goal 2

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Students will demonstrate knowledge of preparation techniques.

- Students will demonstrate knowledge of preparation techniques.

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
FCSE.9-12.5.5.3	Demonstrate safe procedures in the use, care, and storage of equipment.
FCSE.9-12.8.2.5	Practice standard personal hygiene and wellness procedures.
FCSE.9-12.8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
FCSE.9-12.8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
FCSE.9-12.8.3.1	Operate tools and equipment following safety procedures and OSHA requirements.
FCSE.9-12.8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
FCSE.9-12.8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
FCSE.9-12.8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
FCSE.9-12.8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
FCSE.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
TECH.K-12.1.2	Digital Citizen

## Target 1

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Choose and use appropriate tools and methods for measuring different types of foods

- Choose and use appropriate tools and methods for measuring different types of foods

## Target 2

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### Demonstrate safe and efficient cutting techniques

- Demonstrate safe and efficient cutting techniques

## Learning Goal 3

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### Students will demonstrate knowledge of proper cooking methods.

- Students will demonstrate knowledge of proper cooking methods.

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
FAM.9-12.8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
FCSE.9-12.2.1.1	Apply time management, organizational, and process skills to prioritize tasks and achieve goals.
FCSE.9-12.5.2.3	Manage use of supplies.
FCSE.9-12.8.2.5	Practice standard personal hygiene and wellness procedures.
FCSE.9-12.8.2.6	Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods.
FCSE.9-12.8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
FCSE.9-12.8.3.1	Operate tools and equipment following safety procedures and OSHA requirements.
FCSE.9-12.8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
FCSE.9-12.8.4.7	Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
FCSE.9-12.8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
FCSE.9-12.8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
FCSE.9-12.8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
FCSE.9-12.8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
FCSE.9-12.8.5.5	Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
FCSE.9-12.8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
FCSE.9-12.8.5.9	Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques.
FCSE.9-12.8.5.10	Prepare breads, baked goods and desserts using safe handling and professional

	preparation techniques.
FCSE.9-12.8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
FCSE.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.5	Computational Thinker

## **Target 1**

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Compare different heat transfer processes

- Compare different heat transfer processes

## **Target 2**

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Describe how different cooking methods affect food quality and nutrition

- Describe how different cooking methods affect food quality and nutrition

## **Summative Assessment**

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Presentations

Portfolios

Production assignments

Projects

Unit Test

## **Formative Assessment and Performance Opportunities**

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Chapter review questions

Class Discussion

Class participation

Computer simulation activities

Exit Tickets

Homework

Internet activities

Section review questions

Self-Assessment

Teacher Directed Q&A

Teacher Observation of computer use

Workbook activities

### **Accommodations/Modifications**

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- Provide time for additional practice with measurements
- one on one modeling of cooking techniques
- Pair students for recipe writing

### **Unit Resources**

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#### **Textbooks and Workbooks**

*Food for Today* – textbook

*Food for Today* – student workbook

*Food for Today* – Re-teaching activities

*Adventures in Food and Nutrition* – textbook

*Adventures in Food and Nutrition* – student workbook

#### **CD/DVD/VHS/TV**

Exam view Pro CD-ROM

Food Network's Good Eats – Alton Brown

Food Network's Unwrapped – Marc Summers

Discovery Channel's The Colony: S2

Food Network's Ace of Cakes



Super-Size Me

Food Inc.

Ratatouille

### **Magazines/Periodicals/Newsletters**

*Food Network Magazine*

*HGTV Magazine*

*Taste of Home Magazine*

A Goldy Bear Culinary Mystery Series by Diane Mott Davidson

*Miserly Moms: Living on One Income in a Two Income Economy* - Jonni McCoy

*Deceptively Delicious* – Jessica Seinfeld

*Double Delicious* – Jessica Seinfeld

*Where's Mom Now That I Need Her: Surviving Away From Home* - Betty Rae Frandsen,

### **Internet**

[www.google.com](http://www.google.com)

[www.bankrate.com](http://www.bankrate.com)

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.prezi.com](http://www.prezi.com)

[www.powtoons.com](http://www.powtoons.com)

[www.voki.com](http://www.voki.com)

<https://sites.google.com/a/monroetwp.k12.nj.us/mrs-lolli-facs/>

[www.googleclassroom.com](http://www.googleclassroom.com)

[www.Food.com](http://www.Food.com)

<http://topsecretrecipes.com>

<https://www.bettycrocker.com/>

[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

<https://allergicliving.com/recipes>

[www.foodallergiesrecipebox.com](http://www.foodallergiesrecipebox.com)

[www.wholesomebabyfood.momtastic.com](http://www.wholesomebabyfood.momtastic.com)

<http://jessicaseinfeld.com/recipes>