

# Unit 7: The Art of Cooking

Content Area: **Family and Consumer Science**  
Course(s): **Single Survival**  
Time Period: **1 week**  
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

Tearing

### **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.

TECH.K-12.1.1 Empowered Learner

TECH.K-12.1.2 Digital Citizen

TECH.K-12.1.3 Knowledge Constructor

TECH.K-12.1.4 Innovative Designer

TECH.K-12.1.5 Computational Thinker

TECH.K-12.1.6 Creative Communicator

TECH.K-12.1.7 Global Collaborator

CRP.K-12.CRP2 Apply appropriate academic and technical skills.

CRP.K-12.CRP4 Communicate clearly and effectively and with reason.

CRP.K-12.CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

CRP.K-12.CRP11 Use technology to enhance productivity.

FAM.9-12.8.2 Demonstrate food safety and sanitation procedures.

FAM.9-12.8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
FAM.9-12.8.4	Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
HOSP.9-12.9.4.12.I.(1).1	Use basic reading, writing, and mathematical skills to provide food production and services to ensure a positive guest/customer experience.
HOSP.9-12.9.4.12.I.(1).3	Demonstrate listening, writing, and speaking skills to enhance guest/customer satisfaction.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.
HOSP.9-12.9.4.12.I.17	Listen to and speak with diverse individuals to enhance communication skills.

## 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.

TECH.K-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
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.9-12.8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.

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.
HOSP.9-12.9.4.12.I.(1).1	Use basic reading, writing, and mathematical skills to provide food production and services to ensure a positive guest/customer experience.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.
HOSP.9-12.9.4.12.I.17	Listen to and speak with diverse individuals to enhance communication skills.

## 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.

TECH.K-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP11	Use technology to enhance productivity.
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.
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HOSP.9-12.9.4.12.I.(1).3	Demonstrate listening, writing, and speaking skills to enhance guest/customer

satisfaction.

HOSP.9-12.9.4.12.I.12

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

HOSP.9-12.9.4.12.I.17

Listen to and speak with diverse individuals to enhance communication skills.

## **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

## **Proficiency Scale**

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## **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

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### **Accommodations/Modifications**

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

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### **Unit Resources**

#### **Textbooks and Workbooks**

*Food for Today* – textbook

*Food for Today* – student workbook

*Food for Today* – Re-teaching activities

#### **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*

### **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>