Unit 6: Sauces

Content Area: **Art**
Course(s):
Time Period: **MP2**
Length: **6 days**
Status: **Published**

Targeted Standards

9.4.12.CI.1	Demonstrate the ability to reflect, analyze, and use creative skills and ideas (e.g., 1.1.12prof.CR3a).
9.2.12.CAP.3	Investigate how continuing education contributes to one's career and personal growth.
9.4.12.CT.1	Identify problem-solving strategies used in the development of an innovative product or practice (e.g., 1.1.12acc.C1b, 2.2.12.PF.3).
9.2.12.CAP.6	Identify transferable skills in career choices and design alternative career plans based on those skills.
9.4.12.GCA.1	Collaborate with individuals to analyze a variety of potential solutions to climate change effects and determine why some solutions (e.g., political. economic, cultural) may work better than others (e.g., SL.11-12.1., HS-ETS1-1, HS-ETS1-2, HS-ETS1-4, 6.3.12.GeoGI.1, 7.1.IH.IPERS.6, 7.1.IL.IPERS.7, 8.2.12.ETW.3).
9.4.12.TL.2	Generate data using formula-based calculations in a spreadsheet and draw conclusions about the data.
9.4.12.TL.3	Analyze the effectiveness of the process and quality of collaborative environments.

Rationale

This unit introduces students to the principles of sauce preparation as a cornerstone of classical and contemporary cuisine. Students will learn the functions of sauces, the role of stocks as a foundation, thickening agents, roux preparation, and the five French mother sauces. Through hands-on laboratory experiences, students will prepare a variety of sauces and apply them to enhance the flavor, texture, appearance, and overall quality of food products. Students will reinforce food safety, standardized recipes, teamwork, organization, and culinary evaluation while demonstrating industry-standard techniques.

Essential Questions

Content Specific	Skills Specific
• Why are sauces considered one of the foundations of professional cooking? • How do stocks contribute to sauce quality? • What are the five classical mother sauces? • How do thickening agents affect sauce consistency?	• How do I prepare a smooth, lump-free sauce? • How do I determine the correct consistency for a sauce? • How do I balance flavors through seasoning? • How do I evaluate the quality of a finished

	sauce?

Spiraling for Mastery

Content or Skill for this Unit	Spiral Focus from Previous Unit
• Sauce preparation • Thickening techniques • Flavor development • Product evaluation • Sauce pairings • Professional presentation	• Food safety and sanitation • Personal hygiene • Recipe reading • Accurate measuring • Knife skills • Mise en place • Stock production • Teamwork • Time management • Communication • Product evaluation

Career Readiness, Life Literacies, and Key Skills

Please tag the appropriate **2020 NJSLS-CLKS** standards that align with the grade band and content/skills of this unit. This is done by clicking "actions" and then "add standards".

9.4.12.CI.2	Identify career pathways that highlight personal talents, skills, and abilities (e.g., 1.4.12prof.CR2b, 2.2.12.LF.8).
9.4.12.CI.3	Investigate new challenges and opportunities for personal growth, advancement, and transition (e.g., 2.1.12.PGD.1).

Interdisciplinary Connections

How does this unit connect to standards in other disciplines? Add the appropriate **NJ SLS** here, keeping grade bands in mind. This is done by clicking "actions" and then "add standards".

- **Science**
  - Emulsification
  - Starch gelatinization

- Protein coagulation
- Heat transfer
- Thickening reactions

Mathematics

- Measuring ingredients
- Recipe scaling
- Yield calculations
- Portion control

English Language Arts

- Reading and interpreting standardized recipes
- Using technical culinary vocabulary
- Writing product evaluations

Health Education

- Nutritional considerations of sauces
- Fat content and healthier alternatives
- Portion awareness

Technology

- Google Classroom
- Digital recipe resources
- Culinary demonstration videos
- Digital lab reflections

HS-PS1	Matter and Its Interactions
N.Q.A.1	Use units as a way to understand problems and to guide the solution of multi-step problems; choose and interpret units consistently in formulas; choose and interpret the scale and the origin in graphs and data displays.
N.Q.A.3	Choose a level of accuracy appropriate to limitations on measurement when reporting quantities.
PS1.A	Structure and Properties of Matter
S.MD.B.7	Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).
HS-LS1	From Molecules to Organisms: Structures and Processes
HS-LS1-6	Construct and revise an explanation based on evidence for how carbon, hydrogen, and oxygen from sugar molecules may combine with other elements to form amino acids and/or other large carbon-based molecules.
HS-ETS1-3	Evaluate a solution to a complex real-world problem based on prioritized criteria and trade-offs that account for a range of constraints, including cost, safety, reliability, and aesthetics, as well as possible social, cultural, and environmental impacts.