

CULINARY ARTS 10

Description

Culinary Arts 10 builds on the food preparation skills and knowledge of basic nutrition studied at the middle school level. Learning about the importance of nutrients in the diet and refining existing food preparation skills are emphasized. Students will experience the following areas of study: quickbreads, eggs, fruits, vegetables, beef, poultry, pastry, appetizers, cookies, and casseroles. 1 credit, semester course

Course Overview

Course Goals

Students should:

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Essential Questions

- How do we effectively utilize human, economic and environmental resources in our daily lives?
- What traits that contribute to positive and caring relationships are necessary to develop?
- How does nutrition and wellness influence the quality of life?

Assessments

Common Assessments

Skill Assessments

Content Outline

- I. [Unit 1](#) - Getting Started
- II. [Unit 2](#) - Quick Breads
- III. [Unit 3](#) - Eggs
- IV. [Unit 4](#) - Fruits and Vegetables
- V. [Unit 5](#) - Beef and Poultry
- VI. [Unit 6](#) - Pastry and Appetizers
- VII. [Unit 7](#) – Cookies
- VIII. [Unit 8](#) – Casseroles

Standards

[State of Connecticut Curriculum Frameworks](#)

Connecticut State Standards are met in the following areas:

- *Nutrition and Wellness*
- *Interpersonal Relationships*
- *Consumer Science and Family Resource Management*

Grade Level Skills

Students will:

- Skills Matrix

Pacing Guide

Pacing Guide							
1st Marking Period				2nd Marking Period			
Month 1	Month 2	Month 3	Month 4	Month 5			
Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Unit 7	Unit 8
<u>Getting Started</u>	<u>Quick Breads</u>	<u>Eggs</u>	<u>Fruits and Vegetables</u>	<u>Beef and Poultry</u>	<u>Pastry and Appetizers</u>	<u>Cookies</u>	<u>Casseroles</u>
2 weeks	2 weeks	2 weeks	3 weeks	2 weeks	3 weeks	2 weeks	2 weeks

Unit 1 - Getting Started 2 weeks [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- demonstrate safety and sanitation practices in food preparation.

Unit Objectives

Students will be able to:

- incorporate good safety practices to help prevent kitchen accidents.
- select appropriate small kitchen utensils for task at hand.
- properly clean and sanitize a kitchen workstation.

Essential Question

- How does nutrition and wellness influence the quality of life?

Focus Questions

- What is the impact of science and technology in regards to food safety?
- What basic knowledge and skills are necessary for safe and healthy food preparation?

Assessments

- Assessment of Kitchen Safety Practices
- Cleaning Rubric

Skill Objectives

Students will:

- model important standards of kitchen and personal cleanliness.
- demonstrate the safe use of appliances, small kitchen equipment, cookware, and bakeware.
- recognize and demonstrate proper measuring techniques.
- apply knowledge of safety and sanitation practices in the preparation of a recipe.
- lead and take responsibility for group activity.

Unit 2 – Quick Breads 2 weeks [top](#)

Standards

Interpersonal Relationships

Students will demonstrate respectful and caring relationships in the family, school, workplace, and community.

Students will:

- apply teamwork and leadership skills in the family, workplace, and community.

Unit Objectives

Students will be able to:

- differentiate the functions of ingredients in quick breads.
- implement a successful community fundraiser.

Essential Question

- What traits that contribute to positive and caring relationships are necessary to develop?

Focus Questions

- What knowledge is required to create a successful quick bread?
- How does cooperation and teamwork of group members affect the finished product?
- How could quick breads be used to benefit your local community?

Assessment

- Completed quick bread(s) to be sold to raise money for FCCLA Community Services

Skill Objectives

Students will:

- prepare a variety of quickbreads.
- develop teamwork in the lab setting.
- manage a community fundraiser.

Unit 3 - Eggs 2 weeks [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- analyze factors that influence nutrition and wellness practices across the lifespan.

Unit Objectives

Students will be able to:

- examine the principles and methods for cooking eggs.
- examine the key nutrients of eggs and their benefits.
- propose methods for incorporating eggs into a healthy diet across the lifespan.

Essential Question

- How does nutrition and wellness influence the quality of life?

Focus Questions

- What is the nutritional value of eggs in the daily diet?
- How do cooking methods affect eggs?

Assessment

- Breakfast omelets prepared to meet the specific nutritional breakfast needs of a teenager

Skill Objectives

Students will:

- demonstrate proper storage and handling of eggs.
- prepare an individual omelet.
- prepare a variety of egg dishes.

Unit 4 – Fruits and Vegetables 3 weeks [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.

Unit Objectives

Students will be able to:

- examine the key nutrients and their benefits.
- propose methods for preparing healthy foods.

Essential Question

- How does nutrition and wellness influence the quality of life?

Focus Questions

- What factors need to be taken into consideration in making wise nutritional choices for good health in the teenage years?
- How can you incorporate a variety of fruits and vegetables across the life span?

Assessment

- Plan a 3-day diet that incorporates the suggested recommended daily allowances of fruits and vegetables in your diet

Skill Objectives

Students will:

- prepare fruits and vegetables preserving their color, texture, flavor, and nutrients.
- prepare salad ingredients and assemble a salad.
- demonstrate proper washing and handling of produce.
- create individual salad dressing.

Unit 5 – Beef and Poultry 2 weeks [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- evaluate factors that affect food safety from production through consumption.

Unit Objectives

Students will be able to:

- analyze the nutritional value of beef and poultry in the diet.
- explore the variety of dishes that can be made with beef and poultry.

Essential Question

- How does nutrition and wellness influence the quality of life?

Focus Questions

- What is the impact of science and technology on food composition, safety, and preparation?
- What is the proper handling and cooking of beef and poultry?
- What roles do beef and poultry play in the average teenage diet?

Assessments

- Individual burgers
Cooked to 160°
Whole grains incorporated
Correct size and proportions
Accompaniments
- Chicken Cutlets
Cooked to 165°
Breaded with whole grains
Correct size and proportions
Accompaniments

Skill Objectives

Students will:

- test the safe preparation of beef and poultry using the meat thermometer.
- demonstrate how to properly store and handle poultry for quality and freshness.
- butterfly and bread a chicken breast.
- determine proper internal temperature of beef and poultry using the meat thermometer.
- describe principles and methods for safely cooking beef and poultry.

Unit 6 – Pastry and Appetizers 3 weeks [top](#)

Standards

Consumer Science and Family Resource Management

Students will evaluate management practices related to human, economic, and environmental resources.

Students will:

- investigate career paths in consumer service industries.

Unit Objectives

Students will be able to:

- explain principles of pastry preparation.
- plan a nutritionally sound, visually appealing, and economically feasible pastry and appetizer menu for an event.

Essential Question

- How do we effectively utilize human, economic and environmental resources in our daily lives?

Focus Questions

- How do pastry and appetizers fit into today's lifestyles?
- How do you prepare nutritionally sound pastries and appetizers?

Assessments

- Create a menu for an event
- Make and present one of the appetizers from this menu

Skill Objectives

Students will:

- plan and prepare a variety of healthy appetizers.
- demonstrate proper pastry skills.

Unit 7 – Cookies 2 weeks [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- demonstrate the use of technology in food preparation and nutrition analysis.

Unit Objectives

Students will be able to:

- compare and contrast nutritional values of store bought and homemade cookies.
- analyze the functions of basic ingredients used in cookies.
- determine what technology is appropriate and when to use it.
- creatively substitute healthier ingredients for standard ingredients on a cookie recipe.

Essential Question

- How does nutrition and wellness influence the quality of life?

Focus Questions

- What are the 6 methods of preparing cookies?
- What basic knowledge and techniques are necessary for successful cookie preparation?
- How is technology incorporated into cookie preparation?

Assessment

- Cookie Platters with a variety of cookies, one of which has been nutritionally altered for the better

Skill Objectives

Students will:

- demonstrate proper techniques in the preparation of a variety of cookies.
- modify a cookie recipe to enhance the nutritional value.

Unit 8 – Casseroles 2 weeks [top](#)

Standards

Consumer Science and Family Resource Management

Students will evaluate management practices related to human, economic, and environmental resources.

Students will:

- demonstrate management of financial resources to meet the goals of individuals and families across the life span.

Unit Objectives

Students will be able to:

- examine basic ingredients of a casserole.
- assess economic advantages of casseroles.

Essential Question

- How do we effectively utilize human, economic and environmental resources in our daily lives?

Focus Question

What are the advantages of casseroles?

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Assessment

- Completed Casserole Recipe and Product made from kitchen leftovers

Skill Objectives

Students will:

- prepare casseroles using a variety of ingredients.
- create a nutritionally sound casserole with a recipe from ingredients already in the kitchen.