

Curriculum Development  
In the Fairfield Public Schools

**FAIRFIELD PUBLIC SCHOOLS**  
FAIRFIELD, CONNECTICUT

**CULINARY ARTS 10**

Board of Education Approved 06/24/2008

## **CULINARY ARTS 10**

### **Statement of Purpose**

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: quick breads, eggs, fruits and vegetables, beef and poultry, pies, cookies, and appetizers with nutritional emphasis in each area.

### **Audience**

Grade 9, 10, 11, 12

### **Prerequisites**

None

### **Design and 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 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.
- differentiate the functions of ingredients in quick breads.
- implement a successful community fundraiser.
- 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.
- examine the key nutrients and their benefits.
- propose methods for preparing healthy foods.
- analyze the nutritional value of beef and poultry in the diet.
- explore the variety of dishes that can be made with beef and poultry.
- explain principles of pastry preparation.
- plan a nutritionally sound, visually appealing, and economically feasible pastry and appetizer menu for an event.
- 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.
- examine basic ingredients of a casserole.
- assess economic advantages of casseroles.

## **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.
- prepare a variety of quick breads.
- develop teamwork in the lab setting.
- manage a community fundraiser.
- demonstrate proper storage and handling of eggs.
- prepare an individual omelet.
- prepare a variety of egg dishes.
- 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.
- 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.
- plan and prepare a variety of healthy appetizers.
- demonstrate proper pastry skills.
- demonstrate proper techniques in the preparation of a variety of cookies.
- modify a cookie recipe to enhance the nutritional value.
- prepare casseroles using a variety of ingredients.
- create a nutritionally sound casserole with a recipe from ingredients already in the kitchen.

## **Family and Consumer Sciences 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.

Students will investigate career paths in consumer service industries.

### ***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.

### *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.

Students will evaluate foods that affect food safety from production through consumption.

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

Students will analyze factors that influence nutrition and wellness practices across the life span.

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

### **Information and Technology Standards (to be added)**

#### **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?

#### **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?
- 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?
- What is the nutritional value of eggs in the daily diet?
- How do cooking methods affect eggs?
- 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?
- 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?
- How do pastry and appetizers fit into today's lifestyles?
- How do you prepare nutritionally sound pastries and appetizers?
- 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?
- What are the advantages of casseroles?

# **UNITS of STUDY**

## **Unit 1: Getting Started**

### **Family and Consumer Sciences Standard**

#### *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.

### **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?

### **Core Topics**

- Kitchen safety and sanitation
- Equipment identification
- Measuring techniques
- Time management
- Nutritious recipe selection
- Leadership skills

### **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.

### **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.

### **Sample Assessments**

- Assessment of Kitchen Safety Practices
- Cleaning Rubric

### **Pacing**

2 weeks

## **Unit 2: Quick Breads**

### **Family and Consumer Sciences Standard**

#### ***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.

### **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?

### **Core Topics**

- Teamwork and cooperation
- Functions of ingredients in quick breads
- Mixing methods
- Fundraising

### **Unit Objectives**

Students will be able to:

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

### **Skill Objectives**

Students will:

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

### **Sample Assessment**

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

### **Pacing**

2 Weeks

## **Unit 3: Eggs**

### **Family and Consumer Sciences Standard**

#### *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.

### **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?

### **Core Topics**

- Selecting and storing eggs
- The nutritional value of eggs
- The food science of eggs

### **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.

### **Skill Objectives**

Students will:

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

### **Sample Assessment**

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

### **Pacing**

2 weeks

## **Unit 4: Fruits and Vegetables**

### **Family and Consumer Sciences Standard**

#### *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.

### **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?

### **Core Topics**

- Cleaning and preparation of fruit and vegetables
- The role of fruits and vegetables in menu planning
- Nutritional benefits of fruits and vegetables

### **Unit Objectives**

Students will be able to:

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

### **Skill Objectives**

Student 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.

### **Sample Assessment**

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

### **Pacing**

3 weeks



## Unit 5: Beef and Poultry

### Family and Consumer Sciences Standard

#### *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.

### 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?

### Core Topics

- Proper use of a meat thermometer
- Safe handling, storage, and cooking of beef and poultry

### 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.

### 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.

### Sample Assessments

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

### Pacing

2 weeks

## **Unit 6: Pastry and Appetizers**

### **Family and Consumer Sciences Standard**

#### ***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.

### **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?

### **Core Topics**

- Role of appetizers in menu and party planning
- Recognize the importance of creativity and presentation when making appetizers
- Understand the principles of pastry preparation

### **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.

### **Skill Objectives**

Students will:

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

### **Sample Assessments**

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

### **Pacing**

3 weeks

## **Unit 7: Cookies**

### **Family and Consumer Sciences Standard**

#### *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.

### **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?

### **Core Topics**

- Preparation of cookies by various methods
- Technology available to facilitate cookie preparation
- Incorporating cookies into a healthy lifestyle

### **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.

### **Skill Objectives**

Students will:

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

### **Sample Assessment**

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

### **Pacing**

2 Weeks

## Unit 8: Casseroles

### Family and Consumer Sciences Standard

#### *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.

### Essential Question

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

### Focus Question

What are the advantages of casseroles?

### Core Topics

- Basic ingredients of casseroles
- The use of casseroles in menu planning
- Economic and time advantages of casseroles

### Unit Objectives

Students will be able to:

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

### Skill Objectives

Students will be able to:

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

### Sample Assessment

Completed Casserole Recipe and Product made from kitchen leftovers

### Pacing

2 weeks