

CULINARY SKILLS 1
GRADES 9-12
(1 Semester - No Prerequisites)

COURSE OVERVIEW:

This course is an introduction to the basic nutrition, consumer and food preparation skills, and food technology applications. Students work in cooperative groups to plan lab experiences, prepare food products, and evaluate their own work. Emphasis is placed on reading and analyzing recipes, safety and sanitation, math (measuring, estimating, and recipe conversion), organization skills, teamwork, and production. Students use state-of-the-art equipment, including food processors, microwaves, ranges, and various cooking utensils and small appliances. Students will use different techniques to prepare appetizers, microwave meals, vegetables, lasagna, pizza, pancakes, homemade convenience foods, cookies, and poultry that are nutritious, yet tasty. Speakers come into the class to discuss careers and demonstrate skills and techniques.

UNITS OF INSTRUCTION:

- UNIT I - Exploring Food Choices
- UNIT II - Kitchen Principles (Safety and Sanitation)
- UNIT III - Recipe Skills
- UNIT IV - Cooking Methods
- UNIT V - Convenience Foods
- UNIT VI - Vegetables and Fruits
- UNIT VII - Grains, Legumes, Nuts, and Seeds
- UNIT VIII - Poultry

STUDENT OUTCOMES:

1. Acquaint students with course content and procedures.
2. Evaluate personal food choices.
3. Demonstrate safe and sanitary behavior.
4. Understand causes of food-borne illness.
5. Prepare foods using the broiler and food processor.
6. Explain how heat is transferred by conduction, convection, and radiation.
7. Analyze and prepare recipes using abbreviations, equivalents, substitutions, and recipe conversions.
8. Identify a variety of vegetables, their nutrients, and market forms.

9.	Prepare dishes using convenience foods.
10.	Prepare a homemade convenience food.
11.	Compare saturated and unsaturated fats and their effects on health.
12.	Understand and use the microwave to prepare foods.
13.	Use a variety of methods to prepare poultry.
14.	Explain how science is related to nutrition and food preparation.
15.	Identify and interpret information on food labels.

MAJOR LEARNING EXPERIENCES TO ACHIEVE OUTCOMES:

1.	Demonstrate ability to work with a team in assigned kitchen.
2.	Demonstrate safe and sanitary behavior in laboratory setting.
3.	Prepare individually assigned recipes for practicum exams.
4.	Exhibit employee-type behavior like that of food service business or establishment including appropriate positive attitude and desire to develop skills and techniques.
5.	Make up missed laboratory experiences at home utilizing parent evaluation.

ADOPTED TEXT OR PRINCIPAL MATERIALS USED:

<p>Kotaluk, Helen and Kapan, Alice. <i>Food for Today</i>. New York: Glencoe/Macmillan/McGraw-Hill, 2000. 2002) <i>Tufts Nutrition Newsletter</i>.</p>	(adopted
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