

CULINARY SKILLS 2  
GRADES 9-12  
(1 Semester - Prerequisite: Foods 1)

COURSE OVERVIEW:

This course further develops nutrition, consumer food preparation skills and applications of food technology. Cooperative groups plan higher level lab experiences, prepare individual products and meals, and evaluate their work. Emphasis is placed on converting recipes to larger or smaller quantities, use of state-of-the-art equipment, and meeting special dietary needs. Students prepare products utilizing various dairy foods, eggs, quick and yeast breads, pork and beef, seafood, and casseroles. Hospitality, specifically food service careers, will be investigated and job skills are stressed to encourage student success. Additionally, students will practice food service skills by running the *Lancer Café*.

UNITS OF INSTRUCTION:

- UNIT I - Course Overview
- UNIT II - Skills Review
- UNIT III - Shopping for Meals, Meal Planning
- UNIT IV - Special Food Needs
- UNIT V - Dairy & Eggs
- UNIT VI - Quick & Yeast Breads
- UNIT VII - Beef, Pork, Seafood and Grilling
- UNIT VIII - Food Combinations: Soups, Salads, and Casseroles
- UNIT IX - Careers

STUDENT OUTCOMES:

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| 1. | Review procedures and skills.   |
| 2. | Identify terms and market forms, apply nutritional concepts and scientific principles to plan and prepare dairy food, cheese recipes, white sauce, single egg, omelets, egg-leavened cakes, quick and yeast breads, meat, and casseroles. |
| 3. | Compare food buying techniques.   |
| 4. | Utilize sale ads to compile grocery order, cost and plan meals according to a budget that matches an identified career.   |
| 5. | Identify food needs for various stages of the life cycle and special dietary needs.   |

6.	Tenderize, prepare, and evaluate cuts of meat.
7.	Find, analyze and prepare recipes from various resources.
8.	Investigate food service careers.
9.	Analyze nutrients in food intake on computer program and according to food pyramid.

MAJOR LEARNING EXPERIENCES TO ACHIEVE OUTCOMES:

1.	Demonstrate ability to work with a team in assigned kitchen and cooperative groups.
2.	Demonstrate safety and sanitary behavior in laboratory setting.
3.	Log food intake and use computer programs for nutrient analysis.
4.	Prepare individually researched recipes for practicum exams.
5.	Exhibit employee-type behavior like that of food service business or establishment including appropriate positive attitude and desire to develop skills and techniques by running the <i>Lancer Café</i> .
6.	Make up missed laboratory experiences at home utilizing parent evaluation.
7.	Demonstrate higher level skill in preparation of food products.
8.	Prepare recipes of increased difficulty.

ADOPTED TEXT OR PRINCIPAL MATERIALS USED:

<p>Kotaluk, Helen and Kapan, Alice. <i>Food for Today</i>. New York: Glencoe MacMillan McGraw-Hill, 2004.  <i>Tufts Nutrition Letter</i>.</p>	<p>(adopted 2002)</p>
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(10/07/03)  
(04/25/00)