

Wallenpaupack Area School District

COURSE: Introduction to Culinary Arts

GRADE LEVEL: 9th-10th

LENGTH OF COURSE: 84 Blocks /90 days/One Semester

TEXT: Exploring Professional Cooking

PUBLISHER: Glencoe/McGraw-Hill

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COURSE DESCRIPTION:

This course includes the study of nutrition and MyPlate as related to the food service industry. Labs for preparation in the food service kitchen are a part of the program. Introduction to menu planning, recipe standardization, weights and measurements, portion control, food safety and sanitation and restaurant operations are among the topics studied. This course is a prerequisite for taking Career and Technical Culinary Arts Level I

CURRICULUM WRITING TEAM:

Jane McCormick

DATE OF REVISION:

January 2016

Wallenpaupack Area School District

Course: Introduction to Culinary Arts

Grade Level: 9th-10th

Unit: Large and Small
Equipment/Measurements

PA Standards: 13.1.11

Topics:	Skills:
<ul style="list-style-type: none">• Kitchen tools and equipment• Kitchen measurements, equivalents and abbreviations	<ul style="list-style-type: none">• The students will be able to identify and use tools and equipment in the food service kitchen.• The students will learn how to clean and maintain equipment• The students will be able to select the best piece of equipment for the task.• The students will learn kitchen measurements, equivalents and abbreviations.
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Watch equipment videos• Text activities and worksheets• Puzzles and word searches• Teacher demonstration• "Hands on" Lab experiences	<ul style="list-style-type: none">• Demonstration and usage• Cooking Lab Rubrics• Quiz• Test

Wallenpaupack Area School District

Course: Introduction to Culinary Arts

Grade Level: 9th-10th

Unit: Career Exploration/School to Work

PA Standards: 13.1.11,11.2.12

Topics:	Skills:
<ul style="list-style-type: none">• Foods Service Careers• Employability Marketing Skills• Advantages and Disadvantages of Food Service Work• Job Application Skills	<ul style="list-style-type: none">• The student will identify the types of jobs available in food service related fields.• The student will list the qualities employers are looking for.• The student will describe the advantages and disadvantages of food service work.• The student will be familiar with SCANS Workplace Competencies and Skills• The students will be able to describe interviewing and job application skills.
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Research a variety of careers in the food service industry• Worksheets and Puzzles• Perform job related tasks in the Lakeside Café• Oral presentations on careers	<ul style="list-style-type: none">• Cooperative Learning• Research Report Rubric• Presentations• Labs related to jobs

Wallenpaupack Area School District

Course: Introduction to Culinary Arts

Grade Level: 9th-10th

Unit: Nutrition

PA Standards: 11.3.12

Topics: <ul style="list-style-type: none">• Eating habits• Function of food and nutrients• MyPlate	Skills: <ul style="list-style-type: none">• The students will be able to describe how eating habits can affect health and job performance• The student will explain how the body uses food.• The student will describe the functions of the nutrients.• The student will use MyPlate food guidelines to make healthy food choices and to plan restaurant menus.
Activities: <ul style="list-style-type: none">• Follow text and activity guide• Nutrient Report• Food production Labs• Worksheets and puzzles• Group discussions and presentations	Performance Assessments: <ul style="list-style-type: none">• Class participation Grade• Cooperative Learning• Nutrient Project Rubric• Lab Rubric• Test

Wallenpaupack Area School District

Course: Introduction to Culinary Arts

Grade Level: 9th-10th

Unit: Menu Planning

PA Standards: 11.3.12,11.3.12,11.2.12

Topics: <ul style="list-style-type: none">• Types of menus• Menu Planning principles• Menu choice influences	Skills: <ul style="list-style-type: none">• Students will identify the kinds of menus and where they are used.• The student will describe the influences on menu types and choices.• The student will identify the key menu planning principles.• The student will create menus using proper menu format.• The student will analyze menus in terms of• The key menu planning principles including MyPlate and FDA.
Activities: <ul style="list-style-type: none">• Plan and prepare sample menus.• Labs• Text materials and activity guide.• Analyze sample menus• Plan menus for various food service establishments• Worksheets and study guides	Performance Assessments: <ul style="list-style-type: none">• Lab Rubrics• Menu Planning Project Grade• Class Participation Grade• Test

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Course: Introduction to Culinary Arts

Grade Level: 9th-10th

Unit: Standardization

PA Standards: 11.2.12

Topics:	Skills:
<ul style="list-style-type: none">• Standardization and its purpose• Increasing/decreasing recipes• Measurement techniques• Using standardized recipes	<ul style="list-style-type: none">• The student will explain the purposes of standardization in the food service kitchen.• The student will compare various recipes for standardization format.• The student will identify the parts of a standardized recipe.• The student will correctly increase or decrease recipe ingredients and amounts.• The student will demonstrate proper measuring techniques.• The student will standardize recipes.
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Using standardized recipes in labs• Standardizing recipes• Text activities and worksheets• Writing standardized recipes• Analyze sample recipes	<ul style="list-style-type: none">• Class Participation Grade• Test• Lab Rubric• Graded standardized Recipe

Wallenpaupack Area School District

Course: Introduction to Culinary Arts

Grade Level: 9th-10th

Unit: Safety and Sanitation

PA Standards: 11.3.12

Topics:	Skills:
<ul style="list-style-type: none">• Food borne illnesses, sources and preventions.• Safe and sanitary kitchen practices• Hand washing, cutting boards and dishwashing sterilization/sanitation• Safe laboratory practices and procedures	<ul style="list-style-type: none">• The student will identify causes of food borne illnesses and ways to prevent them.• The student will practice safety and sanitary practices.
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Hand washing Serv Safe DVD and hand washing activity• Small group demonstration of proper sanitary techniques• Text chapter, terms and questions• Vocabulary lists, study guides and worksheets• Lab experiences using proper sanitation practices	<ul style="list-style-type: none">• Lab Rubric• Cooperative Learning• Classwork/homework• Observation• Test

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Course: Introduction to Culinary Arts

Grade Level: 9th-10th

Unit: MyPlate-Application and Labs

PA Standards: 11.3.12

<p>Topics:</p> <ul style="list-style-type: none"> • Choose ,prepare and analyze foods from all of the food groups including proteins, fruits, vegetables, grains, dairy, sugars and fats • Choose, prepare and analyze, quantity foods including soups, baked goods, appetizers and entrees. 	<p>Skills:</p> <ul style="list-style-type: none"> • The student will produce and analyze numerous foods within the MyPlate food guidelines. • The student will research in-depth studies of the food guide and all of its components. • The student will identify the steps in preparing foods. • The student will prepare quantity foods.
<p>Activities:</p> <ul style="list-style-type: none"> • Cooking labs • Food group research ,posters, and presentations • Production Labs • Worksheets and word puzzles • Text and study guide • Demonstrations • Student analysis of food products 	<p>Performance Assessments:</p> <ul style="list-style-type: none"> • Lab rubrics • Project grade • Class participation • Test/quizzes • Cooperative learning

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Unit: Restaurant Experience

PA Standards: 13.3.11

Topics:	Skills:
<ul style="list-style-type: none">• Lakeside Café clean up procedures• Safety and sanitization with clean up• Soup an bakery item labs• Proper food storage techniques• Catering item labs	<ul style="list-style-type: none">• The students will identify and perform steps used to break down and clean up The Lakeside Café.• The student will practice safety and sanitation during clean up.• The student will learn proper food storing procedures.• The student will prepare soups and bakery items to be used in the Café.• The student will prepare various catering items.
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Actual Lakeside Café cleanup• Lectures and demonstrations• Food product labs and analysis• Practicing teamwork	Lab/cleanup performance rubric Teacher observation Product evaluation Discussion and self analysis