Course Description
Culinary Arts is an advanced level foods class. Students must have successfully completed the beginning Nutrition & Foods class. Prior knowledge of basic cooking techniques and nutrition are pre-requisites for this course. Culinary Arts is geared towards students interested in a food related career and/or students who have a desire to experience new cooking techniques and sampling of different foods. Demonstrations, group presentations, labs and various projects will be incorporated into the class. Researching, presenting and the preparation of a variety of foods will also be included.

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|           |                             | 2. Review of Basic Cooking Terms and Techniques         |
| 2 Week(s) | Working with Knives         | 1. Uses of Knives                                       |
| 2 Week(s) | Presentation and Plating    | 1. 5 Characteristics of Excellent Meal Planning  
|           |                             | 2. Meal Service and Etiquette                          |
| 8 Week(s) | Advanced Food Preparation   | 1. Pies, Cakes and Yeast Breads  
|           |                             | 2. Meat/Poultry and Fish  
|           |                             | 3. Cooking with Sauces  
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| 4 Week(s) | Global/Regional Culinary    | 1. The 7 Regions of the United States  
|           |                             | 2. International Cuisine                                |
| 1 Week(s) | Careers in Culinary         | 1. Career Possibilities and Job Outlook                 |

Course Rationale
The Family and Consumer Sciences Department courses use hands-on activities to assist young adults in obtaining the knowledge and skills required to meet the challenges of living and working in a diverse, global society. Our unique focus is on the interrelationship of individuals, families, and work.

Enduring Understandings
1) The knowledge of knife skills and safety allows an individual to enhance and produce culinary dishes at a higher level of cooking. (Knife skills: advanced design/garnishes)
2) Planning and preparing meals on a budget for a wide range of people with a variety of dietary needs can help an individual at home and/or in the work place. (careers/catering/dietary adaptations)
3) The use of sauces, herbs, and spices allows an individual to create a variety of foods that can enhance the taste and presentation of a dish. (sauces/herbs/spices)
4) Creativity when plating a dish can produce a well-designed and eye-catching culinary presentation. (plating/presentation)
5) Gaining knowledge of US/World Regional foods produces a better understanding and awareness of different world-wide cultures and traditions. (US/World Regional Foods)

Key Resources
Guide to Good Food

Board Approval Date
May 24, 2012

Course Details
Unit: Introduction to Culinary Arts
Duration: 1 Week(s)
Unit Overview
Review basic skills, safety and sanitation, food preparation, and cooking techniques learned during the prerequisite course.

Enduring Understandings
Building upon introductory cooking skills, individuals are able to improve and advance their cooking techniques and knowledge.

Essential Questions
How does the use of leavening agents impact a baked product?
Why should one use lemon juice on sliced fruit with low acid content?
When is a crumb layer necessary?
How many tablespoons are in one cup?

Example Assessment Items
written and practical tests, ppt reviews, labs

Academic Vocabulary
- crumb layer
- roux
- pastry blender
- leavening agent
- enzymatic browning
- broil
- muffin method

Topic: Review of Measurements and Equivalents  Duration: 2 Day(s)

Description
Students will review and practice measurements and equivalents from Nutrition and Foods.

Learning Targets
The student will demonstrate the use of different cooking techniques and show understanding of a variety of basic cooking terms.
This student will demonstrate prior knowledge of measurement tools and techniques and show understanding of equivalents.

Topic: Review of Basic Cooking Terms and Techniques  Duration: 3 Day(s)

Description
The student will demonstrate mastery of Nutrition and Foods vocabulary and cooking techniques

Learning Targets
The student will demonstrate the use of different cooking techniques and show understanding of a variety of basic cooking terms.

Unit: Working with Knives  Duration: 2 Week(s)

Unit Overview
The student will identify a variety of knives and demonstrate the proper use for each knife.
The student will demonstrate mastery in knife selection for culinary techniques.
The student will demonstrate knife safety and basic care.

Enduring Understandings
Utilizing the correct knife for specific culinary techniques allows for successful cuts on specific foods.
When food is cut correctly, it allows for a visually appealing presentation of that specific food.

Essential Questions
What knives are best for paring of fruits and vegetables.
What is the difference between a chef's knife and a butcher knife?

Example Assessment Items
Prepare a dish/scene that utilizes 8 different cuts on garnishes.

Academic Vocabulary
- chop
- dice
- chiffanade
- mince
- rivets
- tang

Topic: Uses of Knives  Duration: 10 Day(s)

Description
The students will demonstrate the proper use for each knife and the safest and most efficient technique needed.
Learning Targets
The student will demonstrate preparation and presentation.
Assessment: PowerPoint assessment, lab evaluation, test rubrics.
The student will demonstrate ability to select the proper knife needed for the assigned culinary technique.

Unit: Presentation and Plating  
Duration: 2 Week(s)

Unit Overview
The student will study the five types of meal planning.
The student will study a variety of meal service.
The student will study etiquette and tradition of a variety of cultures.
The student will demonstrate a variety of napkin folds and suitability for different meals.

Enduring Understandings
Culinary preparation is an art. Creating meals that meet the 5 meal planning techniques allows for a visually appealing culinary dish. How a meal is served allows for enhanced aesthetics and enjoyment of particular dishes.

Essential Questions
What are the 5 basic meal planning suggestions?
List types of meal service specific and appropriate for certain social settings.

Example Assessment Items
Set and serve according to specific types of meal service.
Create a meal that satisfies all necessary requirements for excellent menu planning.

Academic Vocabulary
Meal planning characteristics: color, texture, temperature, shape/size, variety
Plating styles: English, American, Russian, Blue-Plate, Buffet, Compromise
Mise en place
table appointment
dinnerware
flatware
beverageware
stemware
tumblers
hollowware
place setting

Topic: 5 Characteristics of Excellent Meal Planning  
Duration: 3 Day(s)

Description
The student will study each characteristic of meal planning and create a project to demonstrate knowledge of each characteristic.

Learning Targets
The student will demonstrate preparation and presentation.
Assessment: PowerPoint assessment, lab evaluation, test rubrics.
The student will evaluate typical menus.

Topic: Meal Service and Etiquette  
Duration: 7 Day(s)

Description
The student will study a variety of meal service and identify the appropriate service used for different meal settings and circumstances.
The student will be aware of cultural and global etiquette and tradition as pertaining to meal service

Learning Targets
The student will demonstrate serving techniques.
Assessment: Test, group assessments, rubrics.
The student will plan special events.
Assessment: Rubrics for oral presentations, posters, brochures, test, lab assessment, group assessment.
The student will select table appointments for specific events.
Assessment: Test, group assessments, rubrics.
HS Culinary Arts
Family and Consumer Science

Grade(s) 10th - 12th, 1 Credit
Elective Course

Unit Overview
The students will study and demonstrate a variety of Culinary techniques. The units will include pies, pastries, cakes, yeast breads, meats, sauces, herbs and spices and garnishes.

Enduring Understandings
The addition of sauces and herbs and spices will create a culinary dish with flavor and appeal.
Knowledge of cakes and pies and correct preparation techniques will allow for excellence in pastry creations.
Garnishing will enhance the visual appeal of a dish.
Preparing different dishes with meats, poultry and fish will allow for a variety of necessary protein in the daily diet.

Essential Questions
How can garnishes, herbs and spices and sauce enhance a meal?
How does fondant add to the creation of cakes?
Why is it best to use cake flour for pastries?

Example Assessment Items
- labs - prepare a dish that includes, spices and herbs, and sauces.
- presentations - present a culinary dish the showcases pastries
- power points

Academic Vocabulary
- Fondant
- Crumb Layer
- Pastry
- Sponge Cake
- Chiffon Cake
- Shortened and Unshortened Cake
- Cut-in
- Pastry Blender
- Knead
- Yeast Activation
- Leavening Agent
- Wholesale Cut
- Retail Cut
- Variety Meats
- Marbling
- Elasatin
- fermentation
- Gluten
- Collagen
- Coagulate
- Veal
- Crustacean
- Drawn Fish
- Dressed Fish
- Mollusk
- Espagnole
- Béchamel
- Hollandaise
- Roux
- Béarnaise
- chiffonade
- herbs
- spices
- gourmets
- bouquet garni
- blends

Topic: Pies, Cakes and Yeast Breads
Duration: 15 Day(s)

Description
The students will demonstrate how to prepare a pie crust from scratch.
The student will demonstrate how to flute an edge of a pie crust.
The student will demonstrate a proper crumb layer.
The student will demonstrate different icings preparations and fondant.
The student will demonstrate how to successfully activate yeast.

Learning Targets
The student will prepare cakes and icings.
Assessment: Test, lab evaluation group assessments rubrics.

The student will prepare pies and pastries
Assessment: Test, lab evaluation group assessments rubrics.
### Topic: **Meat/Poultry and Fish**  
**Duration:** 5 Day(s)

**Description**  
The student will prepare a variety of meats, poultry and fish demonstrating advanced culinary skills.

**Learning Targets**  
The student will demonstrate preparation and presentation.
Assessment: PowerPoint assessment, lab evaluation, test rubrics.

The student will demonstrate the use of different cooking techniques and show understanding of a variety of basic cooking terms.

### Topic: **Cooking with Sauces**  
**Duration:** 5 Day(s)

**Description**  
The students will prepare a variety of sauces and demonstrate mastery of these sauces.

**Learning Targets**  
The student will prepare a variety of sauces and demonstrate proper preparations with each sauce.

### Topic: **Herbs and Spices**  
**Duration:** 5 Day(s)

**Description**  
The students will study a variety of herbs and spices and use them to enhance the culinary aroma and taste of all foods.

**Learning Targets**  
The student will prepare a variety of foods utilizing herbs and spices that will enhance the overall flavor and appearance of a dish.

### Topic: **Creative Garnishes**  
**Duration:** 10 Day(s)

**Description**  
The student will create and display a variety of garnishes to enhance a culinary dish.

**Learning Targets**  
The student will choose garnishes.
Assessment: Test, group assessments, rubrics.

The student will demonstrate preparation and presentation.
Assessment: PowerPoint assessment, lab evaluation, test rubrics.

### Unit: **Global/Regional Culinary**  
**Duration:** 4 Week(s)
Unit Overview
Students will study regional and global food preparation techniques.
Students will study cuisine and traditions of different regions and countries.

Enduring Understandings
Understanding the culture and traditions of different regions and countries and preparing foods native to those regions and countries allows us to realize that a common connection of all people is food. Most of our foods and preparations are intertwined both regionally and globally.

Essential Questions
Why is it important to study the 7 culinary regions of the USA and their unique food preparations?
How are the international culinary dishes integrated into the culinary dishes of the USA?

Example Assessment Items
Prepare a culinary dish specific to one of the 7 Culinary Regions of the USA and elaborate on the culture and traditions of that specific region.
Prepare a culinary dish specific to a country and explain the customs and traditions of that country in food preparations.

Academic Vocabulary
hors d'oeuvres
al dente
phylllo
quiche
esquargo
bisque

Topic: The 7 Regions of the United States
Duration: 10 Day(s)

Description
The students will study the 7 culinary regions in the United States. Traditions, ethnic influences and culture of each region will be studied.
Culinary dishes specific to each region will be prepared.

Learning Targets
The student will demonstrate preparation and presentation.
Assessment: PowerPoint assessment, lab evaluation, test rubrics.

The student will demonstrate the use of different cooking techniques and show understanding of a variety of basic cooking terms.

The student will discuss the historical and geographical influences on culinary tradition.
Assessment: Unit test, rubric.

The student will evaluate the dietary quality of traditional foods.
Assessment: Lab evaluation, rubrics, test.

The student will outline culinary traditions in the seven regions of the United States.
Assessment: PowerPoint assessment, lab evaluation, test, rubrics.

The student will prepare a variety of foods utilizing herbs and spices that will enhance the overall flavor and appearance of a dish.

The student will prepare traditional foods.
Assessment: Lab evaluation, rubrics, test.

The student will summarize preparation and presentation techniques.
Assessment: Unit test, rubric.

Topic: International Cuisine
Duration: 10 Day(s)

Description
The students will study cuisine from a variety of countries.
The students will study the cultures, traditions, history, and trends from specific countries.
The students will prepare foods from different countries.

Learning Targets
The student will demonstrate preparation and presentation.
Assessment: PowerPoint assessment, lab evaluation, test rubrics.

The student will demonstrate the use of different cooking techniques and show understanding of a variety of basic cooking terms.

The student will discuss the historical and geographical influences on culinary tradition.
Assessment: Unit test, rubric.

The student will evaluate the dietary quality of international foods.
The student will evaluate typical menus.
The student will outline culinary traditions of international cuisine.
Assessment: Unit test, rubric.
The student will prepare international foods.
Assessment: Rubric.
The student will prepare traditional foods.
   Assessment: Lab evaluation, rubrics, test.

The student will summarize preparation and presentation techniques.
   Assessment: Unit test, rubric.

Unit: Careers in Culinary
Duration: 1 Week(s)

Unit Overview
Students will research careers related to the restaurant and hospitality field as well as entrepreneurship.

Enduring Understandings
There will always be a need for culinary jobs. Being successful in those jobs is enhanced by studying culinary techniques. Hospitality and entrepreneurship are jobs directly related to the field of business and utilized daily by other business fields.

Essential Questions
How is hospitality and entrepreneurship used in the business field?
How can studying culinary class help you in your job search?

Example Assessment Items
research 6 jobs in the culinary field and list their job possibilities and monetary possibilities.

Academic Vocabulary
entrepreneur
dietitian
sous chef

Topic: Career Possibilities and Job Outlook
Duration: 5 Day(s)

Description
The student will study possible careers in the culinary field.
The student will research education plans needed.
The student will study the occupational outlook and monetary ranges.

Learning Targets
The student will outline career opportunities.
   Assessment: Test, evaluation of implementation plan, rubrics, group assessment.

The student will summarize entrepreneur opportunities in food service.
   Assessment: Test, evaluation of implementation plan, rubrics, group assessment.

The student will utilize leadership qualities and skills for problem solving.
The student will examine entrepreneurship.