



Culinary Arts I

STANDARDS

IFD

PLC HUB

OTHER

QUARTER 1 (47 DAYS)

PACING	TN STANDARDS	TEXT/RESOURCES	LEARNING TARGETS	ASSESSMENT/PROJECTS
<i>Week 1</i>	6.1 Hand tools & Smallwares: Identify, describe, and effectively demonstrate the use of hand tools and smallwares in commercial food preparation. Identify the functions, cleaning procedures, storage, and examples of proper use of tools in commercial foodservice. 6.2 Large Commercial Kitchen Equipment: Examine various pieces of large commercial kitchen equipment, including refrigeration units, holding units, grills and broilers, ranges, and ovens. Explain each piece's	Kitchen Equipment LIT Supply Kitchen Equipment	Students will familiarize themselves with the kitchen. In the interest of safety, students are required to learn every classmate's name if they are permitted to use the lab space.	<i>Classwork: Name Game</i>

	design properties and functionality. Determine the appropriate equipment needed to perform various tasks in a commercial kitchen, while demonstrating safe use and proper cleaning procedures.			
Week 2	9.1 Basic Seasonings: Create an index of basic seasonings, herbs, and spices used in professional kitchens. Assess the cost of using fresh herbs versus substituting dried herbs without affecting the final product's quality.	<i>Kitchen Staples</i> <i>Birth of the Frito</i>	Students will work in groups of four, coming up with a flavor blend. Students will vote amongst their class to prepare snacks with the winners using their flavoring blend in a snack for the class.	<i>Homework: Course Fee</i> <i>Lab: Safety & Cross Contamination</i> <i>(Cheetos vs Fritos Lab)</i>
Week 3	5.1 Recipe Anatomy: Examine the anatomy of a recipe, identifying the key points and functions of each (name, yield, portion size, ingredients, quantity, and methods) and define common recipe terminology.	<i>Recipe Basics</i> <i>Ratatouille</i>	Students will write a recipe based off a favorite home cooked meal.	<i>Project Assigned: Homesick Recipe</i> <i>Homework Assigned: Cook for Loved Ones</i>

<i>Week 4</i>	10.1 Salads & Salad Types: Compare types of salads (i.e. simple, composed, and bound) and their ingredients. Discuss the qualities of simple and emulsified dressings. Evaluate a salad recipe, analyzing the choice of ingredients, as well as any proposed modifications or substitute ingredients. Draft the modified recipe with modification and prepare the salad.	<i>Garde Manger</i>	Students will learn how to make salad dressings such as balsamic vinaigrette and ranch.	<i>Lab: Emulsions</i> <i>(Salads, Super Foods)</i>
<i>Week 5</i>	6.3 Measuring Tools: Identify the appropriate measuring tools (e.g., measuring cups, pitchers, spoons, scales, and thermometers) for various ingredients. Use proper measurements for recipe ingredients in lab settings.	Kitchen Equipment	Students will measure out ingredients to make playdough. They will compare it to a control group to understand the importance of safety in a lab setting.	<i>Lab: Playdough/Oreos</i>
<i>Week 6</i>	8.1 Cooking Methods: Compare dry, moist, and combination cooking methods. Describe each	Cooking Principles America's Test Kitchen	Students will identify different cooking techniques and evaluate	<i>Classwork: Lab Planning Sheets</i> <i>Fire Safety</i>

	method, locate an example recipe for each, and demonstrate the technique in a laboratory setting. Examples may include: a. Blanching b. Baking c. Grilling d. Frying e. Poaching f. Boiling g. Broiling	<i>The Food Lab</i>	how it affects the caloric content of food.	
Week 7	10.2 Sandwiches & Sandwich Types: Categorize types of sandwiches, including their ingredients, assembly methods, and attributes. Create a recipe for a cold sandwich that reflects local tastes and culinary trends. 7.1 Knife Types: Distinguish among the different types of knives (e.g., paring, serrated, slicers, utility, and chef's) and explain their elements of construction. Identify and demonstrate the correct use, sharpening techniques, safety	Garde Manger Preparation Techniques	Students will identify the different types of knives and their purposes.	<i>Test: ServSafe Starters Practice Employee Guide</i>

	handling, and storage options for each knife.			
Week 8	7.2 Knife Cuts: Prepare a workstation for knife work and practice and execute the three basic knife cuts (slice, stick, and dice) using the correct safety methods. Include a picture or video in the student portfolio to document correct use.	Preparation Techniques	Students will identify the different types of knife cuts and their purposes.	<i>Classwork: Tools and Equipment Identification.</i>
Week 9	1.1 Food Pathogens: Identify the pathogens found in foods and illustrate the required environmental factors for transmission, symptoms, and categories of these pathogens.	<i>Food Safety and Sanitation</i> <i>ServSafe Starters Employee Guide Fifth Edition</i> • <i>Food Safety is Important</i> • <i>Good Personal Hygiene</i>	Students will learn about the biological, chemical, and physical ways in which food can make people sick.	<i>Project Due: Homesick Recipe</i> <i>Homework: Cook for Loved Ones</i>



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QUARTER 2 (45 DAYS)

PACING

TN STANDARDS

TEXT/RESOURCES

LEARNING TARGETS

ASSESSMENT/PROJECTS

Week 10

1.2 Disposal & Storage of Chemicals: Summarize the requirements for proper disposal and storage of chemicals used in the commercial foodservice laboratory and adhere to laboratory work requirements throughout the course. Maintain Material Safety Data Sheets (MSDS) outlining how to work with chemicals and potential hazards and identify procedures when cleaning and sanitizing the commercial foodservice laboratory using the proper

Food Safety and Sanitation

ServSafe Starters Employee Guide Fifth Edition

- *Controlling Time and Temperature*
- *Preventing Cross-Contamination*

Students will learn about the systematic practices that are followed in foodservice to avoid foodborne illnesses.

Quiz: Time and Temperature

*Homework Assigned:
Container with Correct Label*

	chemicals and disposal of waste.			
<i>Week 11</i>	1.3 Safety & Sanitation Procedures: Practice and critique safety and sanitation procedures for handling, preparing, storing, and serving food. Identify, review, and demonstrate general laboratory safety procedures, including prevention and control procedures of pest, insects, and rodents and personal hygiene expectations. Incorporate safety procedures and complete safety test with 100 percent accuracy.	<i>Food Safety and Sanitation</i> <i>ServSafe Starters Employee Guide Fifth Edition</i> • <i>Cleaning and Sanitizing</i> • <i>Job Specific Guidelines</i>	Students will take a written test on their knowledge of safety and sanitation procedures.	<i>Test: ServSafe Foodhandler Practice Employee Guide</i>
<i>Week 12</i>	4.1 Macro- and Micro-Nutrients: Identify and analyze macro- and micro- nutrients required in the human diet. Include the common food sources of those nutrients, their chemical properties, and function in the body, as well as the	Nutrition and Health <i>Nutrition and Diet Therapy Eleventh Edition</i> • <i>Chapter 4: Carbohydrates</i> • <i>Chapter 5: Lipids (Fats)</i> • <i>Chapter 6: Proteins</i>	Students will identify major sources of nutrients in our diet.	<i>Classwork: Macronutrients and Micronutrients</i>

	influence upon biological systems in reference to maintenance and growth. a. Macronutrients include: carbohydrates, lipids, and proteins b. Micronutrients include: minerals, vitamins, and water	• <i>Chapter 7: Vitamins</i> • <i>Chapter 8: Minerals</i> • <i>Chapter 9: Water</i>		
<i>Week 13</i>	4.2 Food Allergies & Intolerances: Compare food allergies and food intolerances and the body's reaction to each. Research the nine (9) most common food allergens and recommend food substitutes and recipe modifications to avoid foods that may cause a reaction.	Nutrition and Health <i>Nutrition and Diet Therapy Eleventh Edition</i> • <i>Chapter 10: Foodborne Illnesses and Allergies</i>	Students will identify the most common food allergens present in meals.	<i>Classwork: Identifying Common Allergens in Menu Items</i>
<i>Week 14</i>	2.1 Culinary Events & Milestones: Identify important historical events and milestones that have influenced culinary practices and cuisine styles from ancient times to the present.	History of the Food Service Industry <i>Salt, Acid, Fat, Heat</i> <i>The Cooking Gene</i> <i>The Fortune Cookie Chronicles</i>	Students will evaluate their recipe project and research when it was developed.	<i>Lab: Family Meal</i> <i>(Thanksgiving or Family Meal)</i> <i>Homework Due: Container with Correct Label</i>

Week 15	2.2 Foodservice Industry Growth & Development: Research the growth and development of the foodservice industry, focusing on the influence of significant contributors, including: Mairé-Antoine Carême, Auguste Escoffier, Catherine de Medici, Fernand Point, and Alexis Soyer.	History of the Food Service Industry <i>Escoffier: The complete guide to the art of modern cookery</i> <i>Carême: French Cookery</i> <i>The Virginia Housewife</i> <i>The Boston Cooking School Cookbook</i>	Students will learn about the history of some of their favorite foods.	<i>Project: Class Cookbook</i>
Week 16	2.3 Influential Factors: Evaluate the various factors that influence the foodservice industry, including, for example: economic climate, social changes, globalization of cuisines, green technologies, and farm-to-table.	History of the Food Service Industry <i>Fast Food Nation</i> <i>The Jungle</i> <i>Mastering the Art of French Cooking</i>	Students will make connections between recipe development and major developments in history.	<i>Classwork: Timeline</i>
Week 17	3.4 Teamwork & Collaboration: Compare and contrast the qualities of effective and ineffective teams.	Foodservice Career Exploration	Students will collaborate as a group to use up the rest of the lab ingredients in the kitchen.	<i>Lab: Sweet Treats</i> <i>(Cookies or Ice Cream)</i>

	Throughout the course, demonstrate teamwork, problem solving, and decision-making skills when working collaboratively.			
<i>Week 18</i>	3.1 Foodservice Occupations: Compile and analyze real-time labor market data, including economic and demographic trends, and compare with authentic vacancy announcements on local and national job boards. Examine occupations by education requirements, job availability, salaries, and benefits. Outline an educational pathway to obtain the necessary level of education and relevant certifications for a chosen occupation in the foodservice industry.	Foodservice Career Exploration	Students will research pathways in foodservice careers.	<i>Homework: OOTD/Industry Speaker</i>