

SUBJECT NAME: CULINARY SKILLS	KHI	STUDENTS	GRADE: NC	COURSE OVERVIEW
DATE WRITTEN: JUNE 20, 2024	AUTHOR: SAMANTHA MCERNAN			

DATE RANGE	UNIT NAME	# WEEKS	OVERALL EXPECTATIONS	RECIPES BY WEEK
Term 1	<i>Breakfast foods</i>	12	<p>Students will:</p> <ul style="list-style-type: none"> Follow Canada's Food Guide recommendations and guidelines to plan healthy, balanced meals/snacks Identify healthy portion sizes Identify information on food labels to ensure healthy and safe choices Comply with procedures in Ontario Food Handler's Training program Read and follow a recipe Understand and use cooking terminology Identify the tools, equipment, and appliances required for cooking Use kitchen tools, equipment and appliances appropriately and safely Practice safe food handling and preparation skills Perform various food preparation techniques Create and follow a shopping list for food items Compare and purchase items within a store considering various attributes such as cost, ingredients, size, value, etc. Wash dishes by hand Load dishes in a dishwasher appropriately Clean a kitchen including cooking surfaces, sink, and countertops Distinguish between garbage, recycling, and green bin items 	<p><u>Term 1</u></p> <ul style="list-style-type: none"> Chocolate chip muffins Healthy Banana Bread Oatmeal blueberry breakfast cookies Customizable egg muffins Sheet pan pancakes Homemade granola with vanilla yogurt Oven-baked breakfast casserole Breakfast pizza Egg and cheese quiche Homemade breakfast biscuits Oven baked waffles

Term 2	<i>Healthy Lunches</i>	13	<ul style="list-style-type: none"> ● Follow Canada's Food Guide recommendations and guidelines to plan healthy, balanced dinners ● Identify healthy portion sizes ● Identify information on food labels to ensure healthy and safe choices ● Comply with procedures in Ontario Food Handler's Training program ● Read and follow a recipe ● Understand and use cooking terminology ● Identify the tools, equipment, and appliances required for cooking ● Use kitchen tools, equipment and appliances appropriately and safely ● Practice safe food handling and preparation skills ● Perform various food preparation techniques ● Know kitchen emergency procedures ● Create and follow a shopping list for food items ● Compare and purchase items within a store considering various attributes such as cost, ingredients, size, value, etc. ● Wash dishes by hand ● Load dishes in a dishwasher appropriately ● Clean a kitchen including cooking surfaces, sink, and countertops ● Distinguish between garbage, recycling, and green bin items 	<p><u>Term 2</u></p> <ul style="list-style-type: none"> ● Flatbread pizzas ● Avocado/hummus tortilla wraps ● Pasta salad ● Oven baked cheese quesadillas ● Greek salad ● Veggie stacked pita pockets ● Chicken caesar pasta salad ● Garlic Bread Pizza ● Turkey wraps ● Bean & Rice Burrito ● Crustless Quiche ● Open face pizza burgers ● Sweet macaroni salad
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Term 3	<i>Dinner, Dessert & Food Etiquette</i>	12	<ul style="list-style-type: none"> • Able to plan an event hosted in own home for a small group of friends • Able to prepare and follow a checklist for holding an event • Able to plan and prepare snacks, meals and beverages for an event • Able to plan and prepare decorations for special events • Understands basic qualities and duties for being a good host • Able to set up room (tables, chairs) for meal purposes, in at least three different styles: buffet, family style and restaurant • Able to set table for informal and formal dining with the use of a model • Able to serve drinks and plates to others at tables • Table manners • Setting a table • Clearing a table • Conversing with eating 	<u>Term 3</u> <ul style="list-style-type: none"> • Avocado sweet potato tacos • Chocolate cupcakes • Chickpea fritters • Brownies • Mini lasagna cups • Chocolate chip cookies • Black bean tostadas • Lemon loaf with yogurt glaze • Lazy lasagna with garden salad • Brownie cookies • Red velvet cupcakes • Basic sheet pan cake
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****Showcase** Student Recipe Books (photos, comments, laminated and spiral bound)**

- Students choose their favorite recipe each month and it is saved in their personal recipe book