

Culinary Arts 1

Grades 9-12

Credit Unit: One Semester (Elective)

Prerequisite: None

Course Description:

Culinary Arts 1 is the first of a sequential pathway that provides students with a firm foundation in basic food preparation. This will include quick breads, egg preparation, dairy products, meats, basic desserts, diet and nutrition. Industry safety and sanitation standards are stressed with all food labs. Students will be exposed to the latest in food industry technology. This class is lab based however it does include demonstrations, field trips, and speakers. This is part of a career pathway for Hospitality/Tourism, health, nutrition, and food related careers. This inquiry course is designed to be interactive, student centered, collaborative, cooperative, and relevant.

Topics:

- Sanitation
- Quick Breads,
- Protein Foods
- Fruits, Vegetable
- Nutrition
- Reading Recipes And Measurements
- Basic Desserts
- Egg Cookery
- Basic Cooking Skills

NOTE: Throughout this document, learning target types are identified as knowledge ("K"), reasoning ("R"), skill ("S"), or product ("P").

STANDARD 1: Students experience various career opportunities and assess personal career pathways.

Benchmark 1:

Explore and identify personal interests, aptitudes, and abilities and develop strategies to achieve tentative career goals.

Learning Targets (Type):

1. I can use Montana Career Information Systems (MCIS) and/or other systems or web resources to investigate and evaluate my personal interests, aptitudes and abilities. (S)
2. I can formulate tentative career goals. (R)
3. I can evaluate approaches for meeting my goals. (R)

Benchmark 2:

Utilize local resources to research career plans.

Learning Targets (Type):

1. I can identify local resources to develop career plans. (K)
2. I can contact my school career counselor or teacher to pursue career pathways. (S)

Benchmark 3:

Recognize the interrelationships of family, community, career, and leisure roles.

Learning Targets (Type):

1. I can describe the importance of balance between family and community in regards to career and leisure activities. (K)
2. I can compare and contrast the needs of career and leisure activities and how they relate to and/or affect family and community. (R)

STANDARD 2: Students demonstrate an understanding and apply principles of Resource Management (i.e. financial, time, personal management).

Benchmark 1:**Learning Targets (Type):**

1. I can research and report cost of materials and time. (R,S)
2. I can document financial inputs and outputs. (S)
3. I can identify the necessity to maintain accurate financial records. (K)
4. I can stay within a fixed budget. (S,P)
5. I can develop a personal or family financial plan. (S)

Benchmark 2:

Prepare a budget and keep financial records.

Learning Targets (Type):

1. I can estimate the required time to complete a project. (R,S)
2. I can prioritize resources, equipment and tasks. (R)
3. I can reflect upon completion. (K)

Benchmark 3:

Prioritize, allocate time, prepare and follow schedules to complete a project.

Learning Targets (Type):

1. I can implement a time schedule for task completion. (S)

Benchmark 4:

Apply appropriate time to task.

Learning Targets (Type):

1. I can identify the resources necessary to accomplish the task. (K)
2. I can maintain the tools of the trade. (S)
3. I can maximize the use of my resources. (S)

Benchmark 5:

Use physical resources wisely to accomplish a goal.

Learning Targets (Type):

NOT ADDRESSED IN THIS COURSE.

STANDARD 3: Students acquire and utilize personal and leadership skills to become successful, productive citizens.

Benchmark 1:

Demonstrate active leadership skills by participation in group activities and projects.

Learning Targets (Type):

1. I can investigate various leadership styles. (R)
2. I can apply leadership styles in group activities and projects. (R)

Benchmark 2:

Demonstrate positive personal and work ethics.

Learning Targets (Type):

1. I can arrive on time for class and work. (S)
2. I can develop personal and work related goals. (K,P)
3. I can describe ethical behavior in the workplace. (K)

Benchmark 3:

Demonstrate skills to be a productive citizen.

Learning Targets (Type):

1. I can develop professional relationships with community members. (S)
2. I can contribute to my community in a positive manner. (S,P)

Benchmark 4:

Apply self-esteem building practices.

Learning Targets (Type):

1. I can define and provide evidence of my strengths in my career interest areas. (K,S)
2. I can persevere through set backs and stay focused on my goals. (S)

Benchmark 5:

Demonstrate appreciation for diverse perspective needs and characteristics.

Learning Targets (Type):

1. I can develop a working relationship with diverse populations. (K,S)
2. I can demonstrate communication skills that contribute to positive relationships. (S)
3. I can work to understand diverse points of view. (R)

Benchmark 6:

Practice several methods of effective communication.

Learning Targets (Type):

1. I can demonstrate good listening skills. (S)
2. I can effectively communicate verbally through collaborative projects. (S,P)
3. I can develop quality written professional communications. (P)

STANDARD 4: Students acquire and demonstrate current technical skills leading to an occupation.

Benchmark 1:

Practice technical skills and procedures required for an occupation.

Learning Targets (Type):

1. I can demonstrate and show evidence of a properly set a table. (S, P)
2. I can demonstrate correct baking techniques. (S)
3. I can demonstrate various methods of food preparation for a variety of products. (K)
4. I can apply math skills in order to convert a recipe. (S)

Benchmark 2:

Practice safe and appropriate use of technology.

Learning Targets (Type):

1. I can demonstrate proper hand-washing and sanitation techniques. (S)
2. I can clean and maintain small and large equipment. (S)
3. I can demonstrate proper storage and handling of food. (S)
4. I can describe the dangers of cross-contamination. (K)
5. I can explain basic culinary first aid procedures. (K)

Benchmark 3:

Select the appropriate tools, equipment, and procedures for the task.

Learning Targets (Type):

1. I can choose equipment for my converted recipe. (K)
2. I can apply safety procedures with cooking. (S)
3. I can read and follow a recipe. (K)
4. I can demonstrate an understanding of kitchen tools and their purpose. (K)

Benchmark 4:

Manage and maintain technological tools and follow troubleshooting protocol.

Learning Targets (Type):

1. I can apply knowledge of common kitchen equipment usage to correct cooking techniques. (K,S)
2. I can explore the dietary guidelines of the food guide pyramid. (K,R)

Benchmark 5:

Apply technical information to a variety of sources.

Learning Targets (Type):

1. I can describe the purpose and use of Material Safety Data Sheets. (K)

STANDARD 5: Students know and demonstrate the requirements of the workplace through authentic application.

Benchmark 1:

Practice and demonstrate academic and technical skills to a workplace setting.

Learning Targets (Type):

1. I can practice, and demonstrate my technical workplace skills in my school lab. (S)
2. I can research, write and present on the technical content utilizing academic skills found in workplace settings. (R,S,P)

Benchmark 2:

Apply the concepts of entrepreneurship.

Learning Targets (Type):

1. I can explain the concepts of entrepreneurship. (S)
2. I can demonstrate the concepts of entrepreneurship through a unique project. (R,S)
3. I can present my unique project to an authentic audience. (S,P)

Benchmark 3:

Identify possible outcomes and consequences of decisions.

Learning Targets (Type):

1. I can identify possible consequences of carelessness and horseplay. (K)
2. I can explain potential outcomes of not following directions, (i.e. safety, guidelines, rubrics). (R)

Benchmark 4:

Use acceptable industry standard equipment in a school setting.

Learning Targets (Type):

1. I can successfully use acceptable industry standard equipment to produce an authentic product within budget constraints. (S,R,P)