

Curriculum at a Glance

Course Name: Introduction to Culinary Fundamentals

Grade 9-12

Unit Description	Content and/or Skills
Unit 1: Safety, Sanitation & Personal Hygiene	<ul style="list-style-type: none">● <i>Explain the relationship between microorganisms and foodborne illnesses</i>● <i>Demonstrate practices that promote kitchen cleanliness</i>● <i>Distinguish safe from unsafe food handling practices</i>● <i>Compare safe and unsafe kitchen work habits</i>● <i>Explain how to prepare for and respond to accidents or emergencies in the kitchen</i>
Unit 2: Basic Skills	<ul style="list-style-type: none">● <i>Follow directions in a multi-step recipe</i>● <i>Choose and use appropriate tools and methods for measuring different types of food</i>● <i>Demonstrate safe and efficient cutting techniques</i>● <i>Demonstrate ways to modify recipes by changing the yield</i>
Unit 3: Nutritional Guidelines	<ul style="list-style-type: none">● <i>Explain how the dietary guidelines for Americans promote good health</i>● <i>Explain how my food pyramid and the USDA food guide can guide healthful eating</i>● <i>Describe the use of Nutrition Facts panel</i>● <i>Explain how a poor diet over a long period of time can lead to certain diseases</i>
Unit 4: Grain Products	<ul style="list-style-type: none">● <i>Identify grain products and their uses</i>● <i>Explain the value of grains in the diet</i>● <i>Explain how to select and store grains</i>
Unit 5: Fruits	<ul style="list-style-type: none">● <i>Identify fruits and their uses</i>● <i>Explain the value of fruits in the diet</i>● <i>Explain how to select and store fruits</i>● <i>Describe and demonstrate methods for preparing, cooking, and serving fruits</i>
Unit 6: Vegetables	<ul style="list-style-type: none">● <i>Identify vegetable</i>● <i>Explain how to purchase and store vegetable</i>

	<ul style="list-style-type: none"> ● <i>Prepare vegetables in a variety of cooking methods</i> ● <i>Explain the importance of vegetables in their diets</i>
Unit 7: Vegetarian Food Choices	<ul style="list-style-type: none"> ● <i>Compare different types of vegetarianism</i> ● <i>Describe reasons why people choose vegetarianism</i> ● <i>Describe nutritional concerns specific to vegetarians and explain how to address them.</i> ● <i>Explain food options that help people follow a vegetarian eating plan</i> ● <i>Suggest strategies for people who are interested in a healthful vegetarian diet</i>
Unit 8: Dairy Based Foods	<ul style="list-style-type: none"> ● <i>Identify dairy products and their uses</i> ● <i>Explain the value of dairy products in the diet</i> ● <i>Explain how to select and store dairy products</i> ● <i>Describe and demonstrate methods for preparing, cooking, and serving dairy products</i>
Unit 9: Eggs	<ul style="list-style-type: none"> ● <i>Describe the structure of an egg</i> ● <i>Explain scientific principles of egg cookery</i> ● <i>Describe and demonstrate methods for cooking eggs</i> ● <i>View how to properly separate eggs</i>
Unit 10: Poultry	<ul style="list-style-type: none"> ● <i>Explain the nutritional role of poultry in the diet</i> ● <i>Describe the types and forms of poultry sold for food</i> ● <i>Explain how to select and store poultry</i> ● <i>Describe and demonstrate the method for preparing and cooking poultry</i>
Unit 11: Meat	<ul style="list-style-type: none"> ● <i>Explain the nutritional role of meat in the diet</i> ● <i>Describe cuts and other forms of meat</i> ● <i>Explain how to select and store meat</i> ● <i>Describe and demonstrate methods for preparing and cooking meats</i>
Unit 12: Seafood	<ul style="list-style-type: none"> ● <i>Explain the role of fish and shellfish in the diet</i> ● <i>Identify different types and market forms of fish and shellfish</i> ● <i>Explain how to buy and store fish and shellfish</i> ● <i>Describe and demonstrate different methods for preparing fish and shellfish</i>

