

CULINARY ARTS, SEMESTER A

Credits: 0.5

COURSE OVERVIEW AND GOALS

[Getting Started/Best Practices Template](#)

Culinary Arts, Semester A, is a one-semester course that is intended to help you gain an understanding of the history and development of culinary arts. This course covers the basics of nutrition, and health, safety, and sanitation. In addition, the course explains the basic science principles used in cooking and various cooking methods.

Finally, the course describes culinary skills required to make a variety of items, ranging from stocks and soups to seafood and poultry to various breads and desserts.

Prerequisite courses: There are no recommended prerequisite courses.

Foundational skills: general literacy and communication skills needed for all high school online courses

By the end of this course, you will be able to do the following:

- ❖ Examine the business and entrepreneurial aspects of the food service industry.
- ❖ Inspect the history of the culinary arts and food service industry and the development of cuisines over time.
- ❖ Plan menus in accordance with factors such as taste, nutrition, dietary restrictions, time, and budget, including service and food presentation styles, for a variety of dining situations.
- ❖ Analyze safety practices and regulations that reduce health hazards, foodborne illness, and equipment-related risks in the kitchen.
- ❖ Apply proper preparation methods and cooking techniques to a variety of recipes.
- ❖ Create adapted recipes and dishes using appropriate culinary preparation techniques.

COURSE COMPONENTS AND GRADING RUBRIC

The table gives a breakdown of the weight for each component in the course. Weight represents the percentage of the total score coming from each activity.

Course Components	Count	Weight*
Pretest. <i>A pretest is an optional assessment, typically designed for credit recovery. If a student shows mastery of a lesson objective, the student may be automatically exempted from the upcoming activities associated with the mastered objective. Pretests are not included as a component of the student's final grade.</i>	5	0%
Module. <i>Each module in this course contains an interactive tutorial or study and an associated mastery test. Tutorials and studies combine instruction and practice to prepare students for the mastery test, which is a computer-scored lesson-level summative assessment. The module score comes from a student's score on the mastery test.</i>	20	20%
Discussion. <i>A discussion activity is an opportunity for students to collaborate with their peers. An online threaded discussion mirrors the educational experience of a classroom discussion initiated when a teacher asks a complex, open-ended question. Students can engage in the discussion by responding both to the question and to the thoughts of others allowing for higher-order thinking about terminal objectives.</i>	5	20%
Unit Activity. <i>A Unit Activity is at the end of a unit and constitutes one or more small tasks. Its purpose is to deepen understanding of key unit concepts and tie them together. Each Unit Activity includes a simple rubric. The teacher versions include both a rubric and modeled sample answers. Unit Activities are teacher graded.</i>	5	20%
Posttest. <i>A posttest appears at the end of each unit.</i>	5	20%
End-of-Semester Test. <i>An end-of-semester test (EOS) appears at the end of each course.</i>	1	20%
Total	41	100%

Weight* Teachers may manually adjust these weights if desired, per district grading requirements.

SCOPE AND SEQUENCE

UNIT 1: INTRODUCTION TO CULINARY ARTS

In this unit, you will identify significant historical figures and events that influenced the development of the practice and profession of culinary arts. You will also categorize segments in the food service industry and identify factors that influence choice of location. Then, you will analyze the industry's economic and social significance. Finally, you will identify the world's major cuisines.

Activity	Activity Objective
Syllabus	• Review the Course Syllabus at the beginning of the course.
The History and Development of Culinary Arts	• Identify significant historical figures and events that influenced the development of the practice and profession of the culinary arts. • Recognize members of the kitchen brigade with their responsibilities.
Introduction to the Food Service Industry	• Recognize the contributions of food service industry entrepreneurs. • Examine sales at the top 10 casual dining restaurants and fast-food restaurants in the United States.
A Culinary Journey	• Identify the world's major cuisines and trends that influence the development of cuisines.
Unit Activity: Introduction to Culinary Arts	• Summarize the history and development of the cuisine in the United States. • Identify a celebrity chef and their work.

UNIT 2: HEALTH, SAFETY, AND SANITATION

In this unit, you will identify the sources and function of nutrients. You will also identify food sources of nutrients and explain food allergies. Then, you will select appropriate kitchen utensils, tools, and cleaning procedures, and identify types of cuts used for vegetables. You will also identify contaminants and select safe practices to avoid potential health and safety hazards in kitchens. Finally, you will identify public health agencies and choose methods to ensure safety and optimal utilization of resources in food establishments.

Activity	Activity Objective
Nutrition Basics	Identify the sources and function of nutrients and nutrient value of various foods.
Health and Wellness	- Recognize food sources of nutrients and allergies. - Create a meal plan for one week for any one type of specific diet. - Identify information provided on a food label.
Commercial Tools and Equipment	Identify commonly used commercial kitchen equipment along with personal gear needed, how to clean it, and how often to clean it.
Safety in the Kitchen	- Recall safe practices to avoid potential health and safety hazards in kitchens. - Identify foodborne illnesses and cases of food recalls.
Ethical and Legal Responsibilities	- Identify first-aid techniques for common injuries that can take place in a commercial kitchen. - Recognize federal public health agencies and laws related to food safety.
Unit Activity: Health, Safety, and Sanitation	Identify a restaurant, how it operates, its policies related to customers and staff, and recommendations to enhance the restaurant's operations.

UNIT 3: CULINARY BASICS

In this unit, you will identify the factors that affect food taste and choices. You will also compare various methods of food preparation. Finally, you will list the steps in food preparation and identify factors to consider when preparing a dish.

Activity	Activity Objective
Food Science	Identify the factors that affect food taste and ingredient choices.
Food Preparation Methods	Examine various methods of food preparation, including methods of heat transfer used in cooking.
Following Recipes	- List the steps in food preparation. - Identify factors and techniques to consider when working with recipes.
Unit Activity: Culinary Basics	- Apply conversion skills to a recipe to adjust yield. - Compare unit costs when you buy in bulk.

UNIT 4: CULINARY SKILLS

In this unit, you will define stock, identify the main ingredients and uses of different sauces, and classify soups. You will also select appropriate cheeses, state the main components of a salad, differentiate between different types of dressings, and compare appetizers. Then, you will identify different types of breads and pastries and list the steps to prepare some breakfast dishes. Finally, you will identify different types of grains, pastas, potato dishes, and sauces and choose the correct way to cook them.

Activity	Activity Objective
Stocks, Sauces, and Soups	- Name recipes that contain stocks. - Identify derivative sauces and their recipes and dishes for mother sauces. - Evaluate a soup recipe from a family member or friend.
Cheeses, Salads, and Appetizers	- Recall various appetizers, cheeses and their uses. - Identify the main components of a salad, including dressing types.

Activity	Activity Objective
Breakfast Dishes, Sandwiches, and Beverages	• Create a special menu item to sell for breakfast. • Plan a healthy protein-packed lunch for a physically active person.
Grains and Starches	• Examine different types of grains. • Identify ways to prepare pasta and pair it with sauces. • Review how to prepare gnocchi.
Unit Activity: Culinary Skills	• List the ingredients needed for breakfast, lunch, and dinner for one day.

UNIT 5: MORE CULINARY SKILLS

In this unit, you will categorize seafood, identify safety measures to consider when buying it, list steps to prepare it, and choose appropriate accompaniments. You will also classify chicken breeds, identify ideal temperatures for cooking poultry, select an appropriate marinade, and list steps for cooking poultry. Then, you will select appropriate techniques for preparing and cooking different types of meat. You will also identify vegetable cuts and select appropriate procedures for preparing and cooking vegetables and fruits. Finally, you will identify the purpose of various ingredients in bread-making and select appropriate ingredients and techniques when baking.

Activity	Activity Objective
Seafood	• Compare culinary characteristics of different types of fish. • Summarize the cultural background and safe methods of preparation and eating sushi.
Poultry	• Identify the general categories regulated and inspected by your state's poultry inspection system. • Summarize how to reduce fat in cooking poultry. • Compare poultry dishes recipes from several regions.

Activity	Activity Objective
Meats	Recognize appropriate techniques and steps for preparing and cooking different types of meat to achieve the highest-quality dish.
Vegetables and Fruits	Apply appropriate procedures for cuts to prepare different vegetables.
Baking Techniques	- Identify the origin and purpose of various ingredients in bread-making. - List steps and techniques for a baking recipe.
Unit Activity: More Culinary Skills	- List common cooking methods used for meats, poultry, and seafood/fish, along with the courses in which each is typically served. - Create a modified recipe and accompanying presentation that demonstrate creative recipe adaptation and appropriate use and maintenance of culinary tools and equipment.

COURSE MAP

You will achieve course level objectives by completing each lesson's instruction, assignments, and assessments. For a detailed look at how the materials meet these objectives, review the [course map](#).