**Creative Cooking Competency Assessment**

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| **Core Competency** | **Targeted Competencies** | **Assessment/Evidence** |
| Safety and Sanitation | -Practice safe food handling and sanitation procedures-Review then practice good personal hygiene/health procedures-Evaluate factors that affect food safety, from production through consumption | -Lab Performance Rubric (LPR) |
| Kitchen math skills and recipe computation  | -Using standard measurements apply equivalents to increase or decrease recipes-Apply the fundamentals of time and temperature to cooking, cooling, and reheating of a variety of foods | -Kitchen Math: Unit Costs, Making a Work Plan, Store Comparisons, Dining Out-Various Labs |
| Food preparation skills & techniques | -Use proper tools, recognize the abbreviations and cooking terms used in food preparation-Demonstrate skills in knife, tool and equipment handling-Utilize appropriate measuring tools to demonstrate proper measuring techniques | -Various labs w/ LPR or standards rubrics |
| Nutrition | -Research a country of choice to learn about its culture and foods-Evaluate sources of food and nutrition information, including food labels in relation to health and wellness-Apply various dietary guidelines in planning to meet nutrition and wellness needs-Demonstrate ability to prepare and serve nutritious and aesthetically pleasing foods | -International Foods Report/ Buffet-Cooking Methods/Labs:  Lab activity 52- How Cooking Alters Food Lab Activity 53- Moist Cooking  Lab Activity 54- Combination Cooking Chicken Lab-Healthy Restaurant Project |
| Culinary Practices | -Compare characteristics of different herbs and spices, and how to use, buy and store them-Describe how different cooking methods affect food quality and nutrition-Examine education and training requirements and opportunities for career paths in food science, dietetics, and nutrition | -Herb and Spice Report/Poster-Cooking Methods/ Labs-Careers in Culinary with Guest Speakers |
|  | **Core Performance Assessments** |  |
|  | -Kitchen Math Packet-International Foods Report/Buffet-Herb and Spice Oral Report and Poster-Healthy Restaurant Project-Lab Performance Rubrics-Lab final exam- recipe writing and preparing this individual lab (standards rubric completed by both student and teacher) |  |