**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) |  |