**Apartment Cooking 101 Competency Assessments**

|  |  |  |
| --- | --- | --- |
| **Core Competency** | **Targeted Competencies** | **Assessment/Evidence** |
| Kitchen Basics | -Distinguish safe from unsafe food handling practices including storage of food-Demonstrate practices that promote kitchen cleanliness-Explain the use and care of kitchen tools and equipment | ***Text: Food for Today***-Chapter 20 reading and comprehension questions-Food Safety DVD-Food safety and storage poster with rubric-Kitchen Safety Test-Equipment hunt/usage |
| Food Decisions | -Demonstrate basic table etiquette guidelines whether eating at home, in a restaurant or as a guest -Explain the benefits of meal planning-Develop a meal plan for a week-Demonstrate table settings for different occasions-Plan a party, including invitations and menus-Develop a useful, well organized grocery list-Explain how label information helps in making food purchases-Explain what you need to know to be a smart shopper | -Text chapters 16, 17 and 18 reading and comprehension questions-Plan out meals including food ordering, budgeting, shopping, and preparation-Placemat Activity-Planning a Party Project: example-Appetizer buffet including invitations, menu planning, food ordering, food preparation, tablescape and serving-One Week Budgeting project |
| The Art of Cooking | -Describe how to find, collect and organize recipes-Demonstrate correct math skills when altering recipes-Develop recipes utilizing the essential parts of a well-written recipe to be able to evaluate the clarity and completeness-Demonstrate proper preparation techniques (measuring, cutting techniques, cooking methods) | -Text chapters 24and 25 reading and comprehension questions-Recipe writing to then prepare-Cookbook project (portfolio) |
|  Food Preparation Skills | -Summarize ways to incorporate convenience and time savings into meal planning and preparation-Demonstrate how to cook a stir-fry dish-Explain the roles of basic ingredients in a casserole-Demonstrate how foods can be cooked successfully in the microwave and convection ovens-Compare types of sandwiches to describe and demonstrate how to prepare -Demonstrate initiative and self-direction in the sandwich making project | -Chapter 42, 26, and 40-Lab performance rubric-Product Evaluations-Assorted labs including: Master mix, hamburger master mix, microwave cooking, convection cooking, using convenience foods, casserole and stir-frying recipe creation and preparation, hot and cold sandwiches -Sandwich research project  |
|  | **Core Performance Assessments**-Kitchen Safety Test-Meal Planning with guests-Party Planning with guests-Recipe writing-Cookbook project (portfolio)-Sandwich Research/Lab Project |   |