**Apartment Cooking 101 Competency Assessments**

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| **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 |  |