

Introduction to Culinary Arts - Unit 2: Food Preparation

Unit Focus

In this second unit of study, students will continue to learn how to cook different foods with varied cooking methods and also learn how to identify and combine the characteristics of foods and select the best cooking methods in creating edible dishes. The PBA will have students apply these skills in creating a delicious appetizer using specific ingredients along with a mystery ingredient.

Stage 1: Desired Results - Key Understandings

Established Goals	Transfer	
<p>Connecticut Goals and Standards</p> <p><i>Family and Consumer Sciences (CTE)</i></p> <ul style="list-style-type: none"> • Demonstrate good personal hygiene and health procedures and report symptoms of illness. <i>FCS.C.B.5</i> • Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products. <i>FCS.C.B.7</i> • Operate and maintain tools and equipment following safety procedures and OSHA requirements. <i>FCS.C.C.8</i> • Demonstrate procedures for cleaning, sanitizing, and storing equipment, tools, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements. <i>FCS.C.C.9</i> • Demonstrate professional skills in safe handling of knives, tools, and equipment. <i>FCS.C.E.13</i> • Demonstrate professional skills for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies. <i>FCS.C.E.14</i> • Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods. <i>FCS.C.E.16</i> • Prepare various meats, seafood, and poultry using safe 	<p>T1 Explore and hone techniques, skills, methods, and processes to create and innovate</p> <p>T2 Develop a product/solution that adheres to key parameters (e.g., cost, timeline, restrictions, available resources and audience).</p>	
	Meaning	
	Understandings	Essential Questions
	<p>U1 Cooking methodologies require the application of scientific principles while encouraging culinary creativity.</p> <p>U2 Cooking methods change appearance, texture, flavor, and nutritional value of a product</p> <p>U3 The addition of sauces, herbs, and spices will create a culinary dish with flavor and appeal.</p>	<p>Q1 How do I organize modifying a recipe without sacrificing the integrity of the dish?</p> <p>Q2 To what degree does the way an item is cooked influence the outcome of a dish?</p> <p>Q3 How do preparation techniques alter the flavor and appearance of food?</p> <p>Q4 Why should you use different cooking methods on different foods?</p> <p>Q5 When should I season or flavor food in getting my desired result?</p> <p>Q6 How does a chef know the best way to cook meat?</p>
	Acquisition of Knowledge and Skill	
	Knowledge	Skills
<p>K1 Retail cuts of meat.</p> <p>K2 Retail cuts of poultry.</p> <p>K3 The cut of meat (tough vs tender) will dictate the</p>	<p>S1 Prepare foods using various cooking methods and techniques.</p> <p>S2 Integrate ingredients together in crafting an edible dish.</p>	

Stage 1: Desired Results - Key Understandings

<p>handling and professional preparation techniques. <i>FCS.C.E.17</i></p> <p>Student Growth and Development 21st Century Capacities Matrix</p> <p><i>Creative Thinking</i></p> <ul style="list-style-type: none"> Imagining: Students will be able to conceive of a novel approach to create a text, performance, solution, application, or inquiry. <i>MM.2.2</i> <p><i>Collaboration/Communication</i></p> <ul style="list-style-type: none"> Product Creation: Students will be able to effectively use a medium to communicate important information (findings, ideas, feelings, issues, etc.) for a given purpose. <i>MM.3.2</i> 	<p>cooking method.</p> <p>K4 Functions of an egg (binding, emulsifier, thickener & leavening)</p> <p>K5 How to order a fried egg (scramble, over easy, sunnyside up, etc)</p> <p>K6 Differences between seasoning and flavoring.</p>	<p>S3 Monitor/adjust cooking method/ temperature when cooking.</p> <p>S4 Identify the characteristics of the food that you are cooking and selecting the best suitable cooking method/technique.</p> <p>S5 Demonstrate the ability of building flavor with seasoning throughout the cooking process.</p> <p>S6 Develop and execute a plan in preparation/cooking of a meal in a timely fashion.</p> <p>S7 Modify a recipe by adding, subtracting and/or manipulating the ingredients to enhance the appeal and taste.</p> <p>S8 Enhance both the look and taste of food through creative and thoughtful plating.</p>
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