

# Introduction to Culinary Arts - Unit 3: Meal Planning (Final Exam)

## Unit Focus

This final unit of study will serve as the final examination. Students will learn how to plan and prepare a cohesive meal. There will be a focus on consumer skills and budgeting. The PBA is a comprehensive project where students plan and prepare a meal for guests. This includes menu planning, budgeting, shopping, food preparation, hosting, and cleaning.

## Stage 1: Desired Results - Key Understandings

Established Goals	Transfer	
<p><b>Connecticut Goals and Standards</b>  <i>Family and Consumer Science: 12</i></p> <ul style="list-style-type: none"> <li>Apply team strategies to achieve success in the kitchen; 8.25</li> <li>Demonstrate commercial preparation for all menu categories to produce a variety of food products; 8.23</li> <li>Demonstrate facility procedures applied to safety, security, and environmental issues; 8.17</li> <li>Demonstrate food safety and sanitation procedures; 8.20</li> <li>Demonstrate menu planning based on standardized recipes to meet customer needs; 8.22</li> <li>Demonstrate selecting, using, and maintaining food production equipment; 8.21</li> <li>Prepare a variety of food products that meet the needs of individual lifestyles and cultures; 7.21</li> </ul> <p><b>Student Growth and Development 21st Century Capacities Matrix</b>  <i>Critical Thinking</i></p> <ul style="list-style-type: none"> <li>Synthesizing: Students will be able to thoughtfully combine information/data/evidence, concepts, texts, and disciplines to draw conclusions, create solutions, and/or verify generalizations for a given purpose. MM.1.3</li> </ul> <p><i>Collaboration/Communication</i></p> <ul style="list-style-type: none"> <li>Collective Intelligence: Students will be able to work respectfully and responsibly with others, exchanging</li> </ul>	<p><b>T1</b> Explore and hone techniques, skills, methods, and processes to create and innovate  <b>T2</b> Develop a product/solution that adheres to key parameters (e.g., cost, timeline, restrictions, available resources and audience).</p>	
	<b>Meaning</b>	
	<b>Understandings</b>	<b>Essential Questions</b>
	<p><b>U1</b> A menu provides a cohesive plan that must be followed with appropriate cooking methods, food presentation, style of service and consistency.  <b>U2</b> When planning a meal you must consider factors such as: flavors, colors, textures, shapes, sizes and temperatures of food.  <b>U3</b> There are various elements that go into figuring out the cost of a meal.</p>	<p><b>Q1</b> Why is time management and multitasking essential when preparing a meal?  <b>Q2</b> How can I make a cohesive meal?  <b>Q3</b> What makes a meal/menu appealing?  <b>Q4</b> How can I afford to make this meal?  <b>Q5</b> In what ways can I set as table for a given event?</p>
	<b>Acquisition of Knowledge and Skill</b>	
	<b>Knowledge</b>	<b>Skills</b>
<p><b>K1</b> Components of a meal:          -Appearance- color - garnish          -texture          -flavor- complimentary flavors- variety of flavors          -nutritional variety          -portion sizes          -recipe difficulty</p>	<p><b>S1</b> Develop and prepare a menu that incorporates all of the components of a meal.  <b>S2</b> Develop a menu that follows a budget.  <b>S3</b> Set a table correctly according to the menu.</p>	

## Stage 1: Desired Results - Key Understandings

<p>and evaluating ideas to achieve a common objective. <i>MM.3.1</i></p> <ul style="list-style-type: none"> <li>• 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></li> </ul>	<p><b>K2</b> Key principles of meal planning are: Adequacy, Balance, Variety, Moderation &amp; Nourishment.</p> <p><b>K3</b> Consumerism strategies/techniques</p> <ul style="list-style-type: none"> <li>-Food labels (components, terms, dates &amp; requirements)</li> <li>-Budgeting</li> <li>-Shopping strategies</li> <li>-Advertising strategies</li> <li>-Unit pricing/cost per serving</li> <li>-Convenience foods</li> </ul> <p><b>K4</b> There are four basic table settings.</p>	
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