



Grade Level: 9-12

Content: Food Preparation 1

Year: 2022-23

Course Description/Rationale

A semester course designed for those wishing to increase their knowledge and skills in the area of foods and food preparation. The course includes information on food sanitation and safety, kitchen principles, nutrition, buying food products, food preparation in the areas of fruits and vegetables, grains and breads, and careers related to foods. Cooking labs will be done in which students practice food preparation skills and techniques. (1 HS credit)

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Safety and Sanitation	2 ½ weeks	11.1 Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention 11.1.5 Practice standard personal hygiene and wellness procedures. 11.1.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.	11.1 Demonstrate food safety and sanitation procedures.
Kitchen Principles	4 weeks	11.1.1 Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. 11.1.5 Practice standard personal hygiene and wellness procedures. 11.1.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups. 11.2.1 Operate tools and equipment following safety procedures and OSHA requirements. 11.2.2 Maintain tools and equipment following safety procedures and OSHA requirements. 11.2.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements. 11.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment. 11.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques.	11.1 Demonstrate food safety and sanitation procedures. 11.2 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment. 11.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that

			meet customer needs.
Fruits and Vegetables	4 ½ weeks	<p>11.1.5 Practice standard personal hygiene and wellness procedures.</p> <p>11.1.6 Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods. 11.1.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.</p> <p>11.3.3 Apply principles of food production to maximize nutrient retention</p> <p>11.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment</p> <p>11.5.2 Demonstrate professional skill 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.</p> <p>11.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</p> <p>11.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods</p> <p>11.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.</p> <p>11.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques</p> <p>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques</p>	<p>11.1 Demonstrate food safety and sanitation procedures</p> <p>11.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.</p> <p>11.5 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.</p>
Breads and Sauces	3 ½ weeks	<p>11.1.5 Practice standard personal hygiene and wellness procedures.</p> <p>11.1.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.</p> <p>11.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment</p> <p>11.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p> <p>11.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques</p> <p>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p>	<p>11.1 Demonstrate food safety and sanitation procedures</p> <p>11.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>

<p>Grains</p>	<p>3 ½ weeks</p>	<p>11.1.5 Practice standard personal hygiene and wellness procedures.</p> <p>11.1.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.</p> <p>11.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment</p> <p>11.5.2 Demonstrate professional skill 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.</p> <p>11.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.</p> <p>11.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.</p> <p>11.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques</p> <p>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p>	<p>1.1 Demonstrate food safety and sanitation procedures</p> <p>11.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p>
---------------	------------------	--	---