



Grade Level: 9-12

Content: Food Preparation 2

Year: 2022-23

Course Description/Rationale

Prerequisite: Food Prep 1

A semester course designed for those interested in gaining advanced experience in foods using the knowledge gained in Foods I. This course will continue with finishing up basic food preparation in the areas of dairy, eggs and proteins. The course will include a study of advanced food preparation techniques, food competitions: cupcake wars, food trucks competition, and menu planning and preparation. A more in-depth look at careers and occupations related to food will also be explored. (1 HS credit)

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Review safety and sanitation and kitchen principles	1 week	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.
Dairy	2 weeks	11.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment 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	11.1 Demonstrate food safety and sanitation procedures 11.2

		<p>technologies.</p> <p>11.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</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>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p>	<p>Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</p> <p>11.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.</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>
Eggs	2 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>11.2.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</p> <p>11.3.3 Apply principles of food production to maximize nutrient retention in menus.</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>11.5.11 Prepare breakfast meats, eggs, cereals, and batter products 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>11.2 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</p> <p>11.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.</p> <p>11.5 Demonstrate</p>

			professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
Proteins	3 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>11.2.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</p> <p>11.3.3 Apply principles of food production to maximize nutrient retention in menus.</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>11.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</p> <p>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p> <p>11.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.</p>	<p>11.1 Demonstrate food safety and sanitation procedures</p> <p>11.2 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</p> <p>11.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.</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>
Combos	3 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</p>	<p>11.1 Demonstrate food safety and sanitation</p>

<p>Soups, Salads, Sandwiches and Casseroles</p>		<p>hazardous foods and food groups</p> <p>11.2.1 Operate tools and equipment following safety procedures and OSHA requirements.</p> <p>11.2.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</p> <p>11.3.3 Apply principles of food production to maximize nutrient retention in menus.</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>11.5.3 Demonstrate knowledge of portion control and proper scaling and measurement 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>11.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</p> <p>11.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.</p> <p>11.5.9 Prepare sandwiches, canapes and appetizers using safe handling and professional preparation techniques.</p> <p>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p>	<p>procedures</p> <p>11.2 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</p> <p>11.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.</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>Baking and Cupcake Wars</p>	<p>3 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>11.2.1 Operate tools and equipment following safety procedures and OSHA requirements.</p> <p>11.2.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</p> <p>11.2.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</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>11.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques.</p>	<p>11.1 Demonstrate food safety and sanitation procedures</p> <p>11.2 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</p> <p>11.5 Demonstrate professional food preparation methods and techniques for all menu categories</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>11.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p> <p>11.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.</p> <p>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques.</p>	to produce a variety of food products that meet customer needs.
Food Around the USA and World	2 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>11.2.1 Operate tools and equipment following safety procedures and OSHA requirements.</p> <p>11.2.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.</p> <p>11.2.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</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>11.5.3 Demonstrate knowledge of portion control and proper scaling and measurement 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>11.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p> <p>11.5.11 Prepare breakfast meats, eggs, cereals, and batter products 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>11.2 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</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>
Food Trucks	2 weeks	<p>8.1. Design a consumer product</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>11.2.1 Operate tools and equipment following safety procedures and OSHA requirements.</p> <p>11.2.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet</p>	<p>8.1 Demonstrate skills needed for product development, testing and presentation</p> <p>11.1 Demonstrate food safety and sanitation</p>

		<p>industry standards and OSHA requirements.</p> <p>11.2.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</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>11.5.3 Demonstrate knowledge of portion control and proper scaling and measurement 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>11.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p> <p>11.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.</p> <p>11.5.12 Demonstrate professional plating, garnishing, and food presentation techniques</p>	<p>procedures</p> <p>11.2 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</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>
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