

High School Syllabus

Department: Family and Consumer Science
Course Title: Creative Cuisine

Course #: 8080-7W

DESCRIPTION OF COURSE: In this class we will take an in depth look at the nutritional components of fruits and vegetables. We will learn to make various processed foods including marshmallows and cheese. We will discovery techniques used to change the textures of foods. We will evaluate different food pairings and how to create complementary taste profiles. Students will also learn how to decorate and garnish their creations.

REQUIRED TOPICS OF STUDY	SUGGESTED INTRUCTIONAL TIME	STANDARDS/ ELIGIBLE CONTENT
Food and hormones	2 weeks	11.3.12.C-G
How to prepare food healthfully	2 weeks	11.3.12.C-G
Organic vs. Conventional	2 weeks	11.3.12.C-G
Custards and emulsions	1 week	11.3.12.C-G
Meringue and candy	1 week	11.3.12.C-G
How to make cheese	2 weeks	11.3.12.C-G
How to make preserves	2 weeks	11.3.12.C-G
Candy and marshmallows	2 weeks	11.3.12.C-G
How we taste	1 week	11.3.12.C-G
Mixing unusual tastes	2 weeks	11.3.12.C-G
Icings and decorating	2 weeks	11.3.12.C-G
Garnishes	1 week	11.3.12.C-G

RESOURCES: Eating on the Wild Side by Jo Robinson, Little, Brown and Company; Reprint edition (May 20, 2014)
Food Lab by J. Kenji Lopez-Alt, W. W. Norton & Company; J. Kenji Lopez-Alt edition (September 21, 2015)

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