

Cooking Basics Curriculum Map

Month	Standard/Learning Target	Program Materials/Resources	Vocabulary (New terms to be added after students select recipes)	Assessment	Writing
<p><i>September</i></p>	<p>Identify and apply the FDA's four steps of food safety.</p> <p>Identify common kitchen hazards and how to avoid them.</p> <p>Identify the use and location of common kitchen equipment.</p>	<p>Kitchen equipment, paper, writing tool, iPads.</p>	<p>Cross contamination, Hazard, FDA, Foodborne Illness, Meat Thermometer, Bacteria, Internal Temperature, 9 x 13 glass baking dish, mixing bowl, sauce pan, Rolling pin, Sheet pan, Cutting board, Hand mixer, Stock pot, Colander, Frying pan, Food processor, Oven mats, Cooling rack, Kitchen scale, Dish rack, Hand juicer, Can opener, oven mitts, Metal Spatula, Rubber spatula, Wooden spoon, Potato masher, Kitchen shears, Tongs, Ladle, Measuring</p>	<p>Observation, Written responses.</p> <p>Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.</p>	<p>Written responses to safety scenarios.</p> <p>Annotation of recipes.</p>

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			cups, Measuring spoons, Whisk, Slotted spoon.		
<i>September</i>	Demonstrate the three components of proper knife technique.	Chef's knives, Kitchen equipment, Groceries, Paper, Writing tool, iPads.	Chef's knife, Paring knife, Dice, Julienne, Mince.	Observation, Written Lab Report and Project Planning Sheet Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	Written lab report to reflect on the project experience and suggest improvements to the recipe. Project planning sheet with summarization of key recipe steps.
<i>September</i>	Apply relevant food, kitchen and knife safety to properly prepare homemade chili.	Kitchen equipment, Groceries, Paper, Writing tool, iPads.	Simmer, Sauté.	Observation, Written Lab Report and Project Planning Sheet Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	Written lab report to reflect on the project experience and suggest improvements to the recipe. Project planning sheet with summarization of key recipe steps.
<i>September</i>	Apply relevant food, kitchen and knife safety to properly prepare a roast chicken.	Kitchen equipment, Groceries, Paper, Writing tool, Baker's twine, iPads.	Truss, Dry brine, Carve, Carving knife, Baker's twine, Roast.	Observation, Written Lab Report and Project Planning Sheet	Written lab report to reflect on the project experience and suggest

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	Demonstrate how to truss, dry brine and carve a chicken.			Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	improvements to the recipe. Project planning sheet with summarization of key recipe steps.
<i>October</i>	Apply relevant food, kitchen and knife safety to properly prepare pasta and a homemade sauce. Describe the steps for properly seasoning, boiling, draining and storing pasta.	Kitchen equipment, Groceries, Paper, Writing tool, Silicone coated whisks, iPads.	Boil, Al dente, Split, Emulsify.	Observation, Written Lab Report and Project Planning Sheet Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	Written lab report to reflect on the project experience and suggest improvements to the recipe. Project planning sheet with summarization of key recipe steps.
<i>October</i>	Apply relevant food, kitchen and knife safety to properly prepare a salad and homemade dressing. Apply knowledge of flavor profiles to select ingredients for a salad.	Kitchen equipment, Groceries, Paper, Writing tool, iPads.	Food group, Dairy, Grain, Protein, Vegetable, Fruit.	Observation, Written Lab Report and Project Planning Sheet Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	Written lab report to reflect on the project experience and suggest improvements to the recipe. Project planning sheet with summarization of key recipe steps.

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<p><i>October</i></p>	<p>Apply relevant food, kitchen and knife safety to properly prepare a sheet pan meal.</p>	<p>Kitchen equipment, Groceries, Paper, Writing tool, iPads.</p>	<p>Roast, One-pan meal.</p>	<p>Observation, Written Lab Report and Project Planning Sheet</p> <p>Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.</p>	<p>Written lab report to reflect on the project experience and suggest improvements to the recipe.</p> <p>Project planning sheet with summarization of key recipe steps.</p>
<p><i>October</i></p>	<p>Apply relevant food, kitchen and knife safety to properly prepare homemade stir fry.</p>	<p>Kitchen equipment, Groceries, Paper, Writing tool, Deep frying pans, iPads.</p>	<p>Stir fry, Wok, Umami, Tofu, Water chestnut, Ginger, Steam.</p>	<p>Observation, Written Lab Report and Project Planning Sheet</p> <p>Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.</p>	<p>Written lab report to reflect on the project experience and suggest improvements to the recipe.</p> <p>Project planning sheet with summarization of key recipe steps.</p>
<p><i>November</i></p>	<p>Apply relevant food, kitchen and knife safety to properly prepare a homemade dip.</p> <p>Describe relevant food safety practices</p>	<p>Kitchen equipment, Groceries, Paper, Writing tool, iPads.</p>	<p>Appetizer, Entrée.</p>	<p>Observation, Written Lab Report and Project Planning Sheet</p> <p>Formative Assessment: Observation, Questioning, Class</p>	<p>Written lab report to reflect on the project experience and suggest improvements to the recipe.</p>

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	to be used during catered events.			Discussion, Check for transfer, Surveys.	Project planning sheet with summarization of key recipe steps.
<i>November</i>	<p>Apply relevant food, kitchen and knife safety to properly prepare a homemade pie.</p> <p>Identify the correct level of moisture for a pie crust dough.</p>	Kitchen equipment, Groceries, Paper, Writing tool, Aluminum baking pans, Pie shields, Apple spiralizers, iPads.	Pastry cutter, pastry, flake, fluted, crimp, set.	<p>Observation, Written Lab Report and Project Planning Sheet</p> <p>Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.</p>	<p>Written lab report to reflect on the project experience and suggest improvements to the recipe.</p> <p>Project planning sheet with summarization of key recipe steps.</p>
<i>December</i>	<p>Apply relevant food, kitchen and knife safety to properly prepare homemade cookies and bars.</p> <p>Apply knowledge of simple kitchen math to scale up a recipe.</p>	Kitchen equipment, Groceries, Paper, Writing tool, baking pans, Cookie tins, Cookie cutters, iPads.	Glaze, royal icing, buttercream, consistency.	<p>Observation, Written Lab Report and Project Planning Sheet</p> <p>Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.</p>	<p>Written lab report to reflect on the project experience and suggest improvements to the recipe.</p> <p>Project planning sheet with summarization of key recipe steps.</p>
<i>December</i>	Apply relevant food, kitchen and knife safety to properly prepare eggs using three techniques.	Kitchen equipment, Groceries, Paper, Writing tool, iPads.	Poach, scramble, fry, over-easy, over-medium, over-hard, hard-boiled, soft-boiled.	Observation, Written Lab Report and Project Planning Sheet	Written lab report to reflect on the project experience and suggest

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				Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	improvements to the recipe. Project planning sheet with summarization of key recipe steps.
<i>December</i>	Apply relevant food, kitchen and knife safety to properly prepare homemade pancakes and french toast.	Kitchen equipment, Groceries, Paper, Writing tool, Electric griddle, iPads.	Baking powder, Baking soda, Leavening.	Observation, Written Lab Report and Project Planning Sheet Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	Written lab report to reflect on the project experience and suggest improvements to the recipe. Project planning sheet with summarization of key recipe steps.
<i>January</i>	Apply relevant food, kitchen and knife safety to properly prepare a homemade ice cream.	Kitchen equipment, Groceries, Paper, Writing tool, Ice cream maker, iPads.	Overrun, cream.	Observation, Written Lab Report and Project Planning Sheet Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.	Written lab report to reflect on the project experience and suggest improvements to the recipe. Project planning sheet with summarization of key recipe steps.
<i>January</i>	Apply relevant food, kitchen and knife	Kitchen equipment, Groceries, Paper,	Roux, fold, roast, bake, stir-fry, steam –	Observation, Written Lab Report and	Written lab report to reflect on the project

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	<p>safety to properly prepare homemade meals using pantry ingredients or leftovers.</p>	<p>Writing tool, Casserole dish, iPads.</p>	<p>other terms will depend on selected recipes.</p>	<p>Project Planning Sheet</p> <p>Formative Assessment: Observation, Questioning, Class Discussion, Check for transfer, Surveys.</p>	<p>experience and suggest improvements to the recipe.</p> <p>Project planning sheet with summarization of key recipe steps.</p>
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