

Course Title

Culinary Arts Major Level II Beginner



INNOVATIVE ARTS ACADEMY

Course Overview

This course introduces students to the Food and Beverage Industry, covering foundational topics like the history of the industry, food safety, culinary nutrition, and food preparation terms. Students learn practical skills like culinary weights and measures, using cook's tools, baking, garde manger, menu planning principles, and demonstrating appropriate cooking methods.

Unit Title

Food Safety

Time Frame

12 Days

Unit Title

Intro to Baking

Time Frame

12 Days

Unit Title

Italian Cuisine & Culture

Time Frame

12 Days

Unit Title

Kitchen Measuring - Weights & Measures

Time Frame

12 Days



Focus of the Unit

This unit emphasizes the critical importance of food safety practices from farm to table to prevent illness, particularly concerning raw ingredients like flour.

Focus of the Unit

This unit introduces foundational baking concepts, highlighting that baking is a precise science where ingredient temperature and proper technique are paramount for success.

Focus of the Unit

This unit explores the rich history and regional diversity of Italian cuisine, understanding how historical influences and local ingredients shape its culinary traditions and meal structures.

Focus of the Unit

This unit focuses on the precision of culinary measurements, emphasizing the importance of accurate techniques and understanding the difference between volume and weight measurements.

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Unit Title

Reading a Recipe

Time Frame

12 Days

Unit Title

Mise en Place

Time Frame

12 Days

Unit Title

Christmas Cookies

Time Frame

12 Days

Unit Title

History of Gingerbread & Making Houses

Time Frame

12 Days



Focus of the Unit

This unit teaches the strategic approach to reading a recipe, from initial comprehensive review to understanding ingredient order and specific instructions, ensuring successful execution and avoiding common pitfalls.

Focus of the Unit

This unit introduces the professional culinary concept of "mise en place", emphasizing the importance of preparation and organization before the cooking process begins to ensure efficiency and success.

Focus of the Unit

This unit applies fundamental baking principles to the creation of festive Christmas cookies, focusing on specific recipes and common challenges in cookie preparation.

Focus of the Unit

This unit delves into the cultural and historical significance of gingerbread, culminating in the practical application of baking and construction skills to create gingerbread houses.

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This course introduces students to the Food and Beverage Industry, covering foundational topics like the history of the industry, food safety, culinary nutrition, and food preparation terms. Students learn practical skills like culinary weights and measures, using cook's tools, baking, garde manger, menu planning principles, and demonstrating appropriate cooking methods.

Unit Title

African Cuisine & Culture

Time Frame

12 Days

Unit Title

Mexican Cuisine & Culture

Time Frame

12 Days

Unit Title

Ramen Challenge

Time Frame

12 Days

Unit Title

Garde Manger

Time Frame

12 Days



Focus of the Unit

This unit introduces students to the diverse and rich culinary traditions of various African regions, exploring key ingredients, cooking methods, and their cultural significance.

Focus of the Unit

This unit explores Mexican cuisine as a complex and ancient culinary tradition, shaped by indigenous ingredients and Spanish influences, emphasizing its basic elements, regional diversity, and cultural importance.

Focus of the Unit

This unit challenges students to apply culinary creative and technical skills to conceptualize and prepare diverse ramen dishes, fostering experimentations and understanding of flavor profiles.

Focus of the Unit

This unit introduces the art of science of garde manger, covering cold food preparation, food preservation techniques, and the presentation of appetizers and salads.

Unit Title	Food Safety
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	Why is it crucial to avoid eating raw flour, dough, or batter? What are the key steps to ensure food safety in baking and cooking? How can we use both time and temperature effectively to determine if baked goods are safe to eat?

	Focus of the Unit
	This unit emphasizes the critical importance of food safety practices from farm to table to prevent illness, particularly concerning raw ingredients like flour.

Standards	11.6-8.A., 11.1.6-8.B., 11.1.9-12.A., 11.1.9-12.B.
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Learning Targets
I can explain that flour is a raw ingredient and should never be eaten raw, along with dough or batter.

Learning Targets
I can identify that fully baking or cooking ingredients is essential to reach temperature that kill harmful bacteria.

Learning Targets
I can demonstrate proper hand washing techniques with soap and hot water before and after handling food.

Learning Targets
I can identify reliable sources for food safety information, such as FightBac.org and foodsafety.gov



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Intro to Baking
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	Why is understanding ingredient temperature so critical in baking? How can visual cues and internal temperature help determine if baked goods are properly done? In what ways does baking differ from general cooking, and what makes it a “science”?

	Focus of the Unit
	This unit introduces foundational baking concepts, highlighting that baking is a precise science where ingredient temperature and proper technique are paramount for success.

Standards	11.6-8.F., 11.1.9-12.F.
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Learning Targets
I can explain that knowing how to read a recipe is one of the most crucial steps in baking success.

Learning Targets
I can identify visual cues that indicate if a baked good is done.

Learning Targets
I can recognize that the temperature of ingredients is key in baking.

Learning Targets
I can understand that you cannot reverse an overbake.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Italian Cuisine & Culture
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How have historical events and regional differences shaped the diverse culinary landscape of Italy? What are the distinguishing characteristics of Italian meal structure and dining traditions? How does Italian cuisine reflect the importance of local, quality ingredients?

	Focus of the Unit
	This unit explores the rich history and regional diversity of Italian cuisine, understanding how historical influences and local ingredients shape its culinary traditions and meal structures.

Standards	11.3.3-5.A., 11.1.6-8.C.
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Learning Targets
I can identify that Italian cuisine has developed over centuries, influenced by various regions and historical events.

Learning Targets
I can recognize that traditional Italian meals often involve multiple course.

Learning Targets
I can name common basic foods in Italian cuisine, such as pasta and pizza.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Kitchen Measuring - Weights & Measures
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	<p>Why is precision in measurement so important in baking, compared to other forms of cooking? What is the significance of the “comma rule” in recipe ingredients lists, and how does it affect preparation? When is it more advantageous to measure ingredients by weight rather than volume?</p>

	Focus of the Unit
	<p>This unit focuses on the precision of culinary measurements, emphasizing the importance of accurate techniques and understanding the difference between volume and weight measurements.</p>

Standards	11.1.K-2.E., 11.1.3-5.E., 11.1.6-8.E.
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Learning Targets
I can name basic culinary measurement tools, such as measuring cups and spoons.

Learning Targets
I can demonstrate how to accurately measure dry and liquid ingredients by volume.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Reading a Recipe
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	Why is it essential to read a recipe completely before beginning to cook or bake? How does the structure and specific punctuation within a recipe guide the baker? What are the key elements to pay attention to when deciphering recipe instructions for successful results?

	Focus of the Unit
	This unit teaches the strategic approach to reading a recipe, from initial comprehensive review to understanding ingredient order and specific instructions, ensuring successful execution and avoiding common pitfalls.

Standards	11.1.6-8.F., 11.1.9-12.E.
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Learning Targets
I can state that reading the entire recipe from beginning to end is a crucial first step before starting to bake.

Learning Targets
I can identify that instruction following a comma in an ingredient list provide important details about temperature or preparation.

Learning Targets
I can recognize that ingredients are typically listed in the order they will be used in a recipe.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Mise en Place
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How does proper “mise en place” contribute to culinary efficiency and success? What steps are involved in preparing ingredients and a workspace before baking or cooking? Why is considering ingredient temperature part of the “mise en place” process?

	Focus of the Unit
	This unit introduces the professional culinary concept of “mise en place”, emphasizing the importance of preparation and organization before cooking process begins to ensure efficiency and success.

Standards	11.1.6-8.F., 11.1.9-12.F.
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Learning Targets
I can explain that “mise en place” means “everything in its place”.

Learning Targets
I can gather all necessary ingredients and equipment before starting to cook.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Christmas Cookies
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What are the key techniques that contribute to the desired texture and appearance of Christmas cookies? How do ingredients and resting time impact the final outcome of cookies? What are common challenges in baking cookies and how can they be addressed?

	Focus of the Unit
	This unit applies fundamental baking principles to the creation of festive Christmas cookies, focusing on specific recipes and common challenges in cookie preparation.

Standards	11.1.6-8.F., 11.1.9-12.F.
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Learning Targets
I can follow a recipe to prepare specific types of Christmas cookies, such as Pfeffernusse or Sugar cookies.

Learning Targets
I can identify basic ingredients for Christmas cookies, such as flour, butter, sugar, and eggs.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	History of Gingerbread & Making Houses
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What is the historical journey of gingerbread, and how has it become a culinary tradition? What baking and construction skills are necessary to successfully create a gingerbread house? How do cultural traditions influence the form and decoration of gingerbread items?

	Focus of the Unit
	This unit delves into the cultural and historical significance of gingerbread, culminating in the practical application of baking and construction skills to create gingerbread houses.

Standards	11.1.6-8.F., 11.1.9-12.F.
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Learning Targets
I can identify gingerbread as a traditional baked good associated with holidays.

Learning Targets
I can list basic ingredients commonly found in gingerbread.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	African Cuisine & Culture
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do geographical and historical factors influence the diverse culinary traditions across the African continent? What are the core ingredients and cooking methods characteristic of different African cuisines? How does food play a role in the cultural and social life of various African communities?

	Focus of the Unit
	This unit introduces students to the diverse and rich culinary traditions of various African regions, exploring key ingredients, cooking methods, and their cultural significance.

Standards	11.3.3-5A., 11.1.6-8.C.
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Learning Targets
I can name a few staple ingredients common in some African cuisines.

Learning Targets
I can identify that African cuisine is diverse and varies by region.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Mexican Cuisine & Culture
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do geographical and historical factors influence the diverse culinary traditions across the African continent? What are the core ingredients and cooking methods characteristic of different African cuisines? How does food play a role in the cultural and social life of various African communities?

	Focus of the Unit
	This unit explores Mexican cuisine as a complex and ancient culinary tradition, shaped by indigenous ingredients and Spanish influences, emphasizing its basic elements, regional diversity, and cultural importance.

Standards	11.3.3-5A., 11.1.6-8.C.
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Learning Targets
I can identify maize, chile peppers, and beans as fundamental elements of Mexican cuisine.

Learning Targets
I can name some common Mexican baked goods or beverages.

Learning Targets
I can recognize that mexican cuisine is influenced by both native ingredients and those introduced by Spanish conquistadors.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Ramen Challenge
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What are the essential elements that define a traditional ramen dish, and how can they be adapted? How do different ingredients and cooking techniques contribute to the complexity of ramen flavors? How can creativity and culinary principles be applied to develop new and innovative ramen creations?

	Focus of the Unit
	This unit challenges students to apply culinary creativity and technical skills to conceptualize and prepare diverse ramen dishes, fostering experimentation and understanding of flavor profiles.

Standards	11.1.6-8.F., 11.1.9-12.F.
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Learning Targets
I can identify the basic components of ramen dish (noodles, broth, toppings).

Learning Targets
I can prepare a simple ramen recipe using basic cooking techniques.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Garde Manger
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	<p>What is the role of a “garde manger” in a professional kitchen, and what skills are essential for this role? How do various preservation techniques enhance food safety and extend shelf life? How can culinary principles be applied to create aesthetically pleasing and flavorful cold dishes?</p>

	Focus of the Unit
	<p>This unit introduces the art and science of garde manger, covering cold food preparation, food preservation techniques, and the presentation of appetizers and salads.</p>

Standards	11.1.6-8.F., 11.1.9-12.F.
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Learning Targets
I can define garde manger as the culinary area focusing on cold food preparation.

Learning Targets
I can identify basic tools used for cold food preparation and garnishing.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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