

Course Title

Culinary Arts Major Level II Advanced



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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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	1 -Food Safety
Time Frame	12 Days



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	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 apply food safety steps in recipes, including washing hands and surfaces before preparing, after placing food in the oven, and before serving.

Learning Targets
I can explain the difference between grain being “raw and clean” versus “fully baked or cooked”, understanding that cleaning does not kill bacteria.

Learning Targets
I can use internal food thermometers and visual cues to ensure products are fully cooked, knowing the target internal temperature for bread is 190 degrees F.

Learning Targets
I can properly store raw ingredients like eggs (refrigerator) and flour (cupboard) to prevent cross-contamination.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	2- 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 why baking is considered a science, requiring precise execution.

Learning Targets

I can interpret doneness instructions that combine time ranges, visual cues, and internal temperatures.

Learning Targets

I can apply the technique of allowing butter to soften at room temperature for about an hour before combining it with other ingredients.

Learning Targets

I can identify common baking challenges, such as difficulties with oven temperature or achieving desired texture.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	3- Italian Cuisine & Culture
Time Frame	12 Days



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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 describe how early Italian food writes emphasized using “top quality and seasonal” ingredients with simple preparation, and how this later evolved to include more spices and herbs.

Learning Targets
I can explain the significance of regionalism in Italian cuisine, referencing specific examples like the Piedmont region’s blend of Italian and French styles and its protected cheese.

Learning Targets
I can differentiate between typical ingredients and dishes found in central Italian cuisine and southern Italian cuisine.

Learning Targets
I can outline the typical structure of an Italian meal, distinguishing between daily meals and special occasion feasts.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	4- 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
<p>I can differentiate between measuring by weight vs. volume, recognizing that weighing ingredients is often easier and more accurate in baking.</p>

Learning Targets
<p>I can apply the rule that actions specified after a comma in an ingredient list are to be performed after the ingredient has been measured.</p>

Learning Targets
<p>I can correctly interpret instructions related to sifting flour, understanding that “2C sifted flour” means sifting before measuring, and “2C flour, sifted” means sifting after measuring.</p>

Learning Targets
<p>I can explain how the comma rule applies differently when the weight of an ingredient changes during preparation.</p>



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	5- 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 explain how reading the entire recipe helps identify hidden ingredients or split ingredients that might be used at different stages.

Learning Targets
I can elaborate on the “comma rule”, providing examples of how it indicates an action to be done after the ingredient is measured.

Learning Targets
I can effectively use the ingredient list as a shopping list and as an insight into the recipe’s flow.

Learning Targets
I can interpret how recipes describes “doneness” using a combination of time ranges, visual cues, and internal temperatures.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	6- 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 pre-measure and pre-prepare all ingredients as indicated in the recipe before active cooking begins.

Learning Targets
I can explain how thorough preparation, including temperature adjustments of ingredients, contributes to the overall success and smoothness of the baking process.

Learning Targets
I can organize my workspace for efficiency, ensuring all tools and ingredients are readily accessible.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	7- 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 execute specific baking techniques like creaming butter and sugar until light and well combined.

Learning Targets
I can troubleshoot common cookie baking issues, such as cookies finishing earlier than suggested time or spreading too much, and recognize these might be oven problems or batter mixing issues.

Learning Targets
I can understand the importance of resting cookie dough overnight in the refrigerator for flavor and texture development.

Learning Targets
I can determine cookie doneness using a combination of baking time, visual cues, and desired texture.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	8- 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 research and discuss the historical origins and cultural significance of gingerbread across different regions.

Learning Targets
I can construct and decorate a gingerbread house using appropriate icing and candies.



Learning Targets
I can apply baking techniques to create structural gingerbread components suitable for building.

Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	9- 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 research and discuss the culinary traditions of a specific African region, identifying its unique ingredients, cooking techniques, and signature dishes.

Learning Targets
I can compare and contrast meal structures and social eating customs in different African cultures.

Learning Targets
I can explain how historical and geographical factors have influenced the development of African culinary practices.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	10- 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 describe how Spanish settlers introduced new staples like olive oil, rice, domesticated animals, and cheese to Mexican cuisine, raising protein consumption.

Learning Targets
I can give examples of regional Mexican cuisines, such as Michoacan’s use of corn in various atole flavors and unique tamales.

Learning Targets
I can explain the concept of “Mex-Mex cuisine” as distinct from “Tex-Mex”, highlighting its complex and ancient techniques developed over thousands of years.

Learning Targets
I can discuss the importance of food in Mexican festivals and daily life.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	11- Ramen Challenge
Time Frame	12 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	<p>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?</p>

	Focus of the Unit
	<p>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.</p>

Standards	11.1.6-8.F., 11.1.9-12.F.
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Learning Targets
I can research different types of ramen broth and their characteristic flavors.

Learning Targets
I can analyze and adapt recipes to achieve specific flavor profiles and textures in ramen.

Learning Targets
I can creatively combine various ingredients to build a unique and balanced ramen bowl.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	12- 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
<p>I can demonstrate foundational skills in cold food preparation, such as salad assembly, basic vinaigrette creation, and simple sandwich construction.</p>
Learning Targets
<p>I can explain the principles of food preservation relevant to garde manger, including curing, smoking, and pickling.</p>

Learning Targets
<p>I can create visually appealing presentations for appetizers, salads, and cold platters.</p>



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