

Course Title

IAA Culinary Arts Major Level III Beginner



INNOVATIVE ARTS ACADEMY

Course Overview

This course will integrate knowledge and skills in sanitation and safety in the kitchen. Students will apply skills in food service, equipment and production. They will demonstrate menu planning, bakery production and garde manger. They will also build confidence in applying cooking methods, managing kitchen workflow and executing more complex menu planning and production tasks with greater independence and precision.

Unit Title

Food & Kitchen Safety

Time Frame

10 Days

Unit Title

Reading a Recipe

Time Frame

10 Days

Unit Title

Mise en Place

Time Frame

10 Days

Unit Title

Italian Cuisine & Culture

Time Frame

10 Days



Focus of the Unit

This unit establishes the critical foundations of food safety, sanitation, and accident prevention in a culinary environment to ensure a healthy and safe cooking experience.

Focus of the Unit

This unit teaches students how to accurately interpret and execute recipes by understanding terminology, measurements, and procedural instructions.

Focus of the Unit

This unit focuses on the critical organizational principal of "everything in its place" to optimize efficiency, flow, and success in the kitchen.

Focus of the Unit

This unit explores the rich culinary traditions of Italy, focusing on regional ingredients, classic dishes, and their cultural significance.

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Unit Title

All About Beef

Time Frame

10 Days

Unit Title

Poultry

Time Frame

10 Days

Unit Title

Fall Foods (Thanksgiving)

Time Frame

10 Days

Unit Title

Christmas Cookie Exchange

Time Frame

10 Days



Focus of the Unit

This unit delves into the selection, preparation, and various cooking methods for different cuts of beef, emphasizing safety and optimal doneness.

Focus of the Unit

This unit covers the safe handling, butchery, and diverse cooking methods for various types of poultry, including chicken, turkey, and duck.

Focus of the Unit

This unit explores seasonal fall ingredients and the traditional dishes associated with Thanksgiving, emphasizing menu planning and large-scale meal preparation.

Focus of the Unit

This unit delves into the art of baking various Christmas cookies, focusing on dough preparation, shaping techniques, and decorative finishes suitable for sharing.

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Unit Title

History of Gingerbread & Making Houses

Time Frame

10 Days

Unit Title

“High on the Hog” (Pork Cuisine)

Time Frame

10 Days

Unit Title

African Cuisine & Culture

Time Frame

10 Days

Unit Title

Mexican Cuisine & Culture

Time Frame

10 Days



Focus of the Unit

This unit combines culinary history with hands-on baking and construction, exploring the origins of gingerbread and the techniques for creating edible gingerbread houses.

Focus of the Unit

This unit explores diverse cuts and preparations of pork, focusing on various cooking methods, flavor profiles, and culinary traditions that feature pork.

Focus of the Unit

This unit explores the diverse culinary landscapes of Africa, highlighting staple ingredients, cooking techniques, and the cultural significance of food across different regions of the continent.

Focus of the Unit

This unit delves into the vibrant flavors and historical roots of Mexican cuisine, emphasizing traditional ingredients, techniques, and regional specialities.

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Unit Title

Laminating Dough

Time Frame

10 Days

Unit Title

French Cuisine & Culture

Time Frame

10 Days

Unit Title

Asian Cuisine

Time Frame

10 Days

Unit Title

Garde Manger

Time Frame

10 Days



Focus of the Unit

This unit provides an in-depth study of the scientific principles and precise techniques involved in creating laminated doughs, such as puff pastry and croissants.

Focus of the Unit

This unit explores the foundational techniques and classic dishes of French cuisine, emphasizing its historical, emphasis on sauces, and culinary terminology.

Focus of the Unit

This unit provides an overview of the diverse culinary traditions across Asia, focusing on key ingredients, cooking methods, and cultural influences that shape the region's food.

Focus of the Unit

This unit provides a comprehensive study of garde manger, covering cold food preparation, charcuterie, salads, appetizers, and artistic food presentation.

Course Title

IAA Culinary Arts Major Level III Beginner



INNOVATIVE
ARTS ACADEMY

Course Overview

This course will integrate knowledge and skills in sanitation and safety in the kitchen. Students will apply skills in food service, equipment and production. They will demonstrate menu planning, bakery production and garde manger. They will also build confidence in applying cooking methods, managing kitchen workflow and executing more complex menu planning and production tasks with greater independence and precision.

Unit Title

Foods of Spain & Culture

Time Frame

10 Days



Focus of the Unit

This unit explores the diverse and vibrant culinary traditions of Spain, focusing on its regional dishes, essential ingredients, and the cultural context of Spanish food.

Unit Title	Food & Kitchen Safety
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do proper food handling techniques prevent illness and ensure a healthy and safe cooking experience? What are the essential safety protocols for working with kitchen equipment and tools? Why is understanding cross-contamination and temperature control crucial in food preparation?

	Focus of the Unit
	This unit establishes the critical foundations of food safety, sanitation, and accident prevention in a culinary environment to ensure a healthy and safe cooking experience.

Standards	11.1.9-12.A., 11.1.9-12.B., 11.1.6-8.B.
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Learning Targets
I can describe personal hygiene techniques for handling food.

Learning Targets
I can explain basic kitchen safety rules, such as knife safety and preventing burns.

Learning Targets
I can identify critical temperature for safe food storage and cooking.

Learning Targets
I can demonstrate proper hand washing techniques.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Reading a Recipe
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How does understanding culinary abbreviations and terms ensure accurate recipe execution? What is the importance of precise measurement in culinary arts? How do different recipe formats influence the cooking process?

	Focus of the Unit
	This unit teaches students how to accurately interpret and execute recipes by understanding terminology, measurements, and procedural instructions.

Standards	11.1.9-12.E., 11.1.6-8.E.
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Learning Targets
I can name and classify culinary measurement tools.

Learning Targets
I can describe the use of common cooking tools and equipment.

Learning Targets
I can identify common culinary abbreviations.

Learning Targets
I can demonstrate basic measurement skills used in food preparation.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Mise en Place
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How does proper organization and pre-preparation contribute to culinary efficiency and success? What are the steps involved in effectively setting up a workstation for cooking? How does “mise en place” impact the quality and consistency of a dish?

	Focus of the Unit
	This unit focuses on the critical organizational principle of “everything in its place” to optimize efficiency, flow, and success in the kitchen.

Standards	11.1.9-12.F., 11.1.6-8.B.
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Learning Targets
I can identify the necessary ingredients and equipment for a recipe.

Learning Targets
I can measure and prepare ingredients according to a recipe prior to cooking.



Learning Targets
I can organize my workspace before beginning a cooking task.

Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Italian Cuisine & Culture
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do regional ingredients and traditions shape Italian cuisine? What are the foundational techniques used in traditional Italian cooking? How does Italian food reflect its cultural heritage and influence global gastronomy?

	Focus of the Unit
	This unit explores the rich culinary traditions of Italy, focusing on regional ingredients, classic dishes, and their cultural significance.

Standards	11.1.9-12.D., 11.1.9-12.F.
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Learning Targets
I can identify common ingredients used in Italian cooking.

Learning Targets
I can describe key aspects of Italian culinary history.

Learning Targets
I can prepare a basic Italian dish, such as pasta with a simple sauce.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	All About Beef
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do different cuts of beef dictate appropriate cooking methods? What are the safety considerations for handling and cooking beef? How can seasonings and marinades enhance the flavor of beef?

	Focus of the Unit
	This unit delves into the selection, preparation, and various cooking methods for different cuts of beef, emphasizing safety and optimal doneness.

Standards	11.1.9-12.F., 11.1.9-12.A.
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Learning Targets
I can identify common cuts of beef suitable for different cooking methods.

Learning Targets
I can demonstrate safe handling and storage of raw beef.

Learning Targets
I can describe appropriate cooking temperatures for various beef doneness levels.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Poultry
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What are the critical food safety considerations when preparing poultry? How do different parts of poultry lend themselves to specific cooking techniques? What role does proper internal temperature play in poultry preparation?

	Focus of the Unit
	This unit covers the safe handling, butchery, and diverse cooking methods for various types of poultry, including chicken, turkey, and duck.

Standards	11.1.9-12.F., 11.1.9-12.A.
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Learning Targets
I can identify various types and cuts of poultry.

Learning Targets
I can explain the importance of cooking poultry to a safe internal temperature.

Learning Targets
I can describe basic cooking methods for poultry, such as roasting or pan-searing.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Fall Foods (Thanksgiving)
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do seasonal ingredients influence the flavors and traditions of fall cuisine? What are the key components of a traditional Thanksgiving meal? How can efficient menu planning and time management be applied to holiday cooking?

	Focus of the Unit
	This unit explores seasonal fall ingredients and the traditional dishes associated with Thanksgiving, emphasizing menu planning and large-scale meal preparation.

Standards	11.1.9-12.D., 11.1.9-12.F.
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Learning Targets
I can identify common fall seasonal ingredients.

Learning Targets
I can describe the general components of a holiday meal.

Learning Targets
I can prepare a basic Thanksgiving side dish, such as mashed potatoes or green bean casserole.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Christmas Cookie Exchange
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What are the foundational techniques for successful cookie baking? How do different ingredients impact cookie texture and flavor? What are creative ways to decorate and present holiday cookies?

	Focus of the Unit
	This unit delves into the art of baking various Christmas cookies, focusing on dough preparation, shaping techniques, and decorative finishes suitable for sharing.

Standards	11.1.9-12.D., 11.1.9-12.E.
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Learning Targets
I can identify basic baking ingredients and their functions.

Learning Targets
I can demonstrate basic shaping and baking techniques for cookies.

Learning Targets
I can follow a recipe to prepare a simple cookie dough.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	History of Gingerbread & Making Houses
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	what is the historical and cultural significance of gingerbread? What specific baking and construction techniques are required for gingerbread houses? How can precision and creativity be combined in edible architectural design?

	Focus of the Unit
	This unit combines culinary history with hands-on baking and construction, exploring the origins of gingerbread and the techniques for creating edible gingerbread houses.

Standards	11.1.9-12.D., 11.1.9-12.E.
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Learning Targets
I can describe the basic history of gingerbread.

Learning Targets
I can assemble simple gingerbread shapes.

Learning Targets
I can prepare a basic gingerbread dough.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	“High on the Hog” (Pork Cuisine)
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do different cuts of pork require specific cooking approaches? What are the food safety guidelines for preparing pork? How is pork utilized in different global cuisines?

	Focus of the Unit
	This unit explores diverse cuts and preparations of pork, focusing on various cooking methods, flavor profiles, and culinary traditions that feature pork.

Standards	11.1.9-12.F., 11.1.9-12.A.
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Learning Targets
I can identify common cuts of pork.

Learning Targets
I can explain the importance of cooking pork to a safe internal temperature.

Learning Targets
I can describe basic cooking methods for pork, such as pan-frying or roasting.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Mexican Cuisine & Culture
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How does pre-Columbian and Spanish influence shape modern Mexican cuisine? What are the core ingredients and flavor profiles that define Mexican food? How do regional variations contribute to the diversity of Mexican culinary traditions?

	Focus of the Unit
	This unit delves into the vibrant flavors and historical roots of Mexican cuisine, emphasizing traditional ingredients, techniques, and regional specialties.

Standards	11.1.9-12.D., 11.1.9-12.F.
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Learning Targets
I can identify staple ingredients in Mexican cooking, such as corn, beans, and chilies.

Learning Targets
I can describe key aspects of Mexican culinary history.

Learning Targets
I can prepare a basic Mexican dish, like tacos or quesadillas.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Laminating Dough
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What are the scientific principles behind creating flaky, laminated doughs? What are the precise techniques for incorporating butter and folding dough to achieve distinct layers? How does temperature control affect the success of laminated doughs.

	Focus of the Unit
	This unit provides an in-depth study of the scientific principles and precise techniques involved in creating laminated doughs, such as puff pastry and croissants.

Standards	11.1.9-12.F., 11.1.9-12.E.
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Learning Targets
I can identify the main components of laminated dough.

Learning Targets
I can demonstrate basic rolling and folding techniques for simple laminated dough.

Learning Targets
I can describe the concept of “laminating” dough.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	French Cuisine & Culture
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What are the foundational techniques that define French cuisine? How has French cuisine influenced global culinary practices and terminology? What is the role of precision and artistry in traditional French cooking?

	Focus of the Unit
	This unit explores the foundational techniques and classic dishes of French cuisine, emphasizing its historical impact, emphasis on sauces, and culinary terminology.

Standards	11.1.9-12.D., 11.1.9-12.F.
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Learning Targets
I can identify common French culinary terms.

Learning Targets
I can describe the importance of stocks and sauces in French cooking.

Learning Targets
I can prepare a basic French technique, such as a simple vinaigrette or saute.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Asian Cuisine
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do common ingredients and cooking methods vary across different Asian culinary traditions? What role do fermentation, umami, and balance play in Asian flavors? How does the geography and history of Asia contribute to its diverse food cultures?

	Focus of the Unit
	This unit provides an overview of the diverse culinary traditions across Asia, focusing on key ingredients, cooking methods, and cultural influences that shape the region's food.

Standards	11.1.9-12.D., 11.1.9-12.F.
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Learning Targets
I can identify staple ingredients used in various Asian cuisines.

Learning Targets
I can describe different cooking techniques common in Asian cuisine, like stir-frying or steaming.

Learning Targets
I can prepare a simple Asian-inspired dish.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Garde Manger
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	What is the role of garde manger in a professional kitchen and its contribution to meal presentation? What are the foundational techniques for preparing cold dishes, including salads, dressings, and charcuterie? How do artistry and precision combine in plate design and buffet presentation?

	Focus of the Unit
	This unit provides a comprehensive study of garde manger, covering cold food preparation, charcuterie, salads, appetizers, and artistic food presentation.

Standards	11.1.9-12.D., 11.1.9-12.F.
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Learning Targets
I can define “garde manger” and its significance in culinary arts.

Learning Targets
I can demonstrate basic cutting techniques for fruits and vegetables.

Learning Targets
I can prepare basic salads and vinaigrettes.



Resources	Google Drive, Google Slides, YouTube, Guided Notes/Vocabulary
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Unit Title	Foods of Spain & Culture
Time Frame	10 Days



INNOVATIVE
ARTS ACADEMY

	Essential Question(s)
	How do regional ingredients and historical influences shape the distinct culinary landscape of Spain? What are the fundamental cooking techniques and flavor profiles characteristic of Spanish cuisine? How do tapas, paella, and other iconic dishes reflect Spanish culture and social practices?

	Focus of the Unit
	this unit explores the diverse and vibrant culinary traditions of Spain, focusing on its regional dishes, essential ingredients, and the cultural context of Spanish food.

Standards	11.1.9-12.D., 11.1.9-12.F.
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Learning Targets
I can identify common ingredients in Spanish cooking, such as saffron, olive oil, and paprika.

Learning Targets
I can describe the concept of tapas and its cultural significance.

Learning Targets
I can prepare a basic Spanish dish, such as gazpacho or a simple tortilla Espanola.



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