



Northern York County School District

Curriculum Overview

Course: Introduction to Culinary

Grade Level: 9-12

Approval Date: January 2025

Length of Time: 90 days

Course Description:

As part of the Family and Consumer Sciences (FCS) curriculum, this semester course provides students with a foundational understanding of culinary skills, kitchen safety, and basic cooking techniques. Students will explore essential kitchen practices such as measuring ingredients, following recipes, understanding cooking terminology, and preparing simple dishes. By the end of the course, students will have developed the knowledge and confidence to prepare healthy meals safely and efficiently at home while fostering an appreciation for food and nutrition.

Introduction to Culinary is designed as a foundational course and serves as a prerequisite for advanced culinary courses. It focuses on practical, hands-on learning through a combination of individual cooking assignments, group activities, and instructor-led demonstrations.

Course Objectives:

- Demonstrate kitchen safety and sanitation practices to ensure a clean, safe, and organized cooking environment.
- Identify and properly use kitchen equipment and tools, including basic appliances, knives, measuring utensils, and cookware.
- Understand and apply basic cooking terminology such as simmering, sautéing, boiling, and broiling.
- Accurately measure ingredients using various tools to follow recipes correctly.
- Read, interpret, and follow recipes with attention to detail in ingredients, timing, and techniques.
- Practice fundamental cooking techniques such as chopping, slicing, dicing, boiling, steaming, sautéing, baking, and frying.
- Understand the role of ingredients such as fats, proteins, carbohydrates, and seasonings, and how they interact in different cooking methods.
- Prepare simple, nutritious meals using a variety of cooking methods and incorporating fresh, seasonal ingredients.
- Collaborate with classmates in kitchen lab settings to develop teamwork, communication, and time management skills.

Related Standards:

National Standards for Family & Consumer Sciences

1.0 Career Community and Family
2.0 Consumer and Family Resources
3.0 Consumer Services
8.0 Food Production and Services
9.0 Food Science, Dietetics, and Nutrition

14.0 Nutrition and Wellness

Pennsylvania Academic Standards for Career Education and Work

13.1.11.B Analyze career options based on personal interests, abilities, aptitudes, achievements and goals.

Pennsylvania Academic Standards for Reading in Science and Technology

CC.3.5.11-12.C. Follow precisely a complex multi-step procedure when carrying out experiments, taking measurements, or performing technical tasks; analyze the specific results based on explanations in the text.

Pennsylvania Standards for Writing in Science and Technology

CC.3.6.11-12.F. Conduct short as well as more sustained research projects to answer a question (including the self-generated question) or solve a problem; narrow or broaden the inquiry when appropriate; synthesize multiple sources on the subject, demonstrating understanding of the subject under investigation.

Units:

- Kitchen Basics
- Ingredient Basics
- Cooking Methods
- Meal Plan and Preparation

Concepts:

- **Kitchen Safety and Sanitation:** Practice proper food handling, hygiene, and sanitation techniques to prevent foodborne illnesses and ensure a safe cooking environment.
- **Kitchen Equipment and Tools:** Identify and understand the use of various kitchen tools and equipment to enhance culinary skills and improve efficiency in food preparation.
- **Measuring and Recipe Comprehension:** Master accurate measuring techniques and develop the ability to read and interpret recipes effectively for successful cooking.
- **Basic Cooking Techniques:** Learn fundamental cooking methods such as boiling, baking, and sautéing to build confidence and competence in the kitchen.
- **Cooking Fundamentals:** Explore essential cooking principles, including flavor

Competencies:

- Students will be able to maintain a clean and sanitary work environment, follow hygiene protocols, and apply food safety principles to prevent cross-contamination and foodborne illness.
- Students will demonstrate the ability to choose the appropriate tool for each task and perform basic maintenance and care for kitchen equipment.
- Students will confidently read and interpret recipes, understand cooking terminology, and successfully prepare dishes according to step-by-step instructions.
- Students will consistently apply the appropriate cooking methods to achieve desired outcomes for various ingredients.
- Students will confidently combine ingredients, using herbs, spices, and seasonings to enhance flavor, texture, and nutritional value in their cooking.
- Students will demonstrate the ability to organize meal prep, multitask in the kitchen, and prepare multiple components of a meal in an efficient and timely manner.

<p>development and presentation, to create balanced and appealing meals.</p> <ul style="list-style-type: none"> • Ingredient Knowledge: Understand various ingredients, their roles in recipes, and best practices for selection and storage to foster informed culinary choices. • Basic Meal Planning and Preparation: Develop skills for creating balanced meal plans tailored to nutritional needs and personal preferences. • Time Management and Organization: Cultivate effective time management and organizational skills in the kitchen to streamline meal preparation and maintain a tidy workspace 	<ul style="list-style-type: none"> • Students will demonstrate the ability to work under time constraints, manage kitchen workflows, and deliver finished meals in a timely, organized manner. • Students will display teamwork and leadership skills by contributing to group activities, delegating tasks, and ensuring successful outcomes in shared cooking projects.
<p>Learning Activities:</p> <ul style="list-style-type: none"> • Students will participate in demonstrations and practice exercises related to kitchen safety, proper food handling, and sanitation procedures. • Students will engage in hands-on exploration of kitchen tools and equipment, including proper knife handling and the safe use of appliances. • Students will engage in guided knife skills labs, practicing cutting techniques such as chopping, dicing, slicing, and mincing with various ingredients. • Students will complete exercises that involve accurately measuring both dry and liquid ingredients and interpreting recipes (including understanding abbreviations and cooking terms). • Students will participate in hands-on cooking labs where students will prepare a variety of simple dishes. • Students will participate in sensory activities to identify and explore various ingredients. • Students will read and analyze recipes for structure, clarity, and technical terms. • Students will write summaries of the recipe's main steps or identify any potential errors or ambiguities in the instructions. 	<p>Performance Tasks:</p> <p>Classwork Lab planning Cooking labs Lab evaluations/reflection (both peer and self) Unit tests</p>

<ul style="list-style-type: none"> Students will read culinary related articles and write responses. 	
Other Assessment Measures: In class discussions Knowledge checks	
Textbook/Primary Resource: Guide to Good Food: Nutrition and Food Preparation, 16th Edition, By: Velda L. Largen and Deborah L. Bence Copyright: 2025 ISBN: 979-8-88817-913-0	
Supplemental Resource Materials: Online resources Teacher generated notes and presentations Teacher generated activities Multimedia resources Recipe book or access to online culinary resources Kitchen equipment and supplies for hands-on labs (stoves, utensils, ingredients etc.)	