



Northern York County School District

Curriculum Overview

Course: Cooking Fundamentals

Grade Level: 10-12

Approval Date: January 2025

Length of Time: 180 days

Course Description:

As part of the Family and Consumer Sciences (FCS) curriculum, the Cooking Fundamentals course is designed to introduce high school students to essential cooking techniques, kitchen safety, and the science behind preparing various types of foods. Through hands-on experience, students will explore the foundational principles of cooking and learn how to prepare nutritious and appetizing meals using fruits, vegetables, eggs, dairy products, starches, and meat. Students will also develop an understanding of stocks, soups, and sauces, and their importance in creating flavorful dishes. Emphasis will be placed on safety, sanitation, and the importance of proper kitchen organization. This course is designed to build culinary skills while fostering creativity, critical thinking, and a deeper appreciation of food, all while laying a foundation for careers in the culinary arts or enhancing practical life skills for everyday living.

Prerequisite: Introduction to Culinary

Course Objectives:

- Demonstrate safe and efficient use of kitchen tools, equipment, and appliances.
- Apply proper kitchen safety and sanitation practices.
- Understand the scientific principles behind various cooking methods.
- Identify and correctly prepare a variety of food groups, including fruits, vegetables, eggs, dairy products, starches, and meat.
- Create balanced, flavorful meals using fresh, wholesome ingredients.
- Prepare stocks, soups, and sauces, incorporating culinary techniques to enhance flavor and texture.
- Explore and understand the nutritional value and culinary roles of different food groups.
- Evaluate the quality of food products based on taste, appearance, and texture.
- Develop teamwork and time-management skills in a kitchen setting.

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:

- Principles of Cooking
- Fruits
- Vegetables
- Eggs
- Dairy products
- Starches
- Principles of Meat Cookery
- Stocks, Soups and Sauces

Concepts:

- **Culinary Techniques and Skills Development:**
Focus on mastering fundamental cooking techniques and skills that can be applied in various culinary contexts, enhancing students' confidence and competency in the kitchen.
- **Nutrition and Wellness:**
Understand the impact of food choices on health and well-being, promoting the importance of balanced diets, mindful eating, and the nutritional value of ingredients.
- **Creativity and Innovation in Cooking:**
Foster creative problem-solving and experimentation in the kitchen, encouraging students to develop their own recipes and adapt traditional dishes to suit modern tastes.
- **Safety and Hygiene in Food Preparation:**
Emphasize the importance of food safety,

Competencies:

Students will:

- Proficiently use various knives and cutting techniques to prepare fruits, vegetables, and meats safely and efficiently.
- Demonstrate a variety of cooking methods, including boiling, sautéing, baking, roasting, and grilling, with an understanding of when to use each technique.
- Create, modify, and adapt recipes based on available ingredients, dietary preferences, and nutritional needs.
- Plan balanced meals that incorporate a variety of food groups, ensuring nutritional value and flavor.
- Apply food safety and sanitation practices in the kitchen to prevent contamination and ensure the safe handling of food.
- Understand and apply the principles of flavor pairing, seasoning, and using herbs

<p>sanitation, and hygiene practices in the kitchen to prevent foodborne illnesses and ensure a safe cooking environment.</p> <ul style="list-style-type: none"> • Teamwork and Collaboration: Highlight the importance of teamwork and communication skills in a kitchen setting, promoting collaboration on culinary projects and meals while valuing diverse perspectives and ideas. 	<p>and spices to enhance the taste of dishes.</p> <ul style="list-style-type: none"> • Identify and assess the nutritional value of various ingredients, making informed decisions about food choices and portion sizes. • Effectively manage time during cooking tasks, prioritizing tasks, and coordinating multiple components of a meal. • Work collaboratively in a team setting, contributing to group projects, and assisting peers in the kitchen. • Present prepared dishes attractively, understanding the importance of plating and garnishing to enhance visual appeal.
<p>Learning Activities:</p> <ul style="list-style-type: none"> • Students will read and analyze recipes for structure, clarity, and technical terms, write summaries of the recipe's main steps and identify any potential errors or ambiguities in the instructions. • 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 weekly cooking labs where they will prepare a variety of dishes and practice different cooking techniques. • Students will create their own recipes or adapt existing ones based on available ingredients and nutritional requirements, encouraging creativity and innovation in the kitchen. • Students will conduct group taste tests to explore different flavor combinations and learn how to use herbs, spices, and seasonings effectively in cooking. • Students will participate in demonstrations and practice exercises related to kitchen safety, proper food handling, and sanitation procedures. • Students will engage with guest speakers from the culinary field and ask questions about their career. Alternatively, they will research various careers related to the culinary field for job requirements, roles, and future career prospects. 	<p>Performance Tasks:</p> <p>Classwork Projects Lab planning Cooking labs Lab evaluations/reflection (both peer and self) Unit test</p>

<ul style="list-style-type: none">• Students will engage in activities focused on food presentation and plating, learning how to plate dishes attractively and creatively.• Students will reflect on their cooking experiences, challenges, successes, and lessons learned throughout the course.• Students will participate in sensory activities to identify and explore various ingredients, enhancing their understanding of flavor, texture, and aroma.• Students will read culinary-related articles and write responses, reflecting on the content and discussing its relevance to their learning.	
Other Assessment Measures: In class discussions Knowledge checks AAFCS Pre-Professional Assessment and Certification: Culinary Arts ServSafe: Food Handlers Certification OSHA- 10-hour General Industry- Culinary Certification	
Textbook/Primary Resource: On Cooking: A Textbook of Culinary Fundamentals, 7th edition Labensky, Hause & Martel Published by Pearson (February 1st 2024) - Copyright © 2025	
Supplemental Resource Materials: Online resources Teacher generated notes and presentations Teacher generated activities Recipe book or access to online culinary resources Kitchen equipment and supplies for hands-on labs (stoves, utensils, ingredients etc.)	