



Southmoreland School District

Basic Cooking

Curriculum Overview

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This introductory course is designed to teach students essential cooking skills and foundational culinary knowledge that promote lifelong wellness and self-sufficiency. Through hands-on experiences, students will learn kitchen safety, food preparation techniques, meal planning, and the nutritional value of different foods. Emphasis will be placed on safe food handling, proper use of kitchen tools and equipment, understanding basic cooking methods, and making informed food choices for a healthy lifestyle. The course encourages teamwork, creativity, and responsibility in the kitchen setting.

Module Titles:

Module 1: Kitchen Safety and Sanitation

Module 2: Kitchen Tools, equipment and measurement

Module 3: Dystopian and Science Fiction Worlds

Module 4: Young Adult Realistic & Romance Fiction

Module Overviews:

Unit 1: Kitchen Safety and Sanitation

Overview:

This foundational unit introduces students to the critical principles of safety and sanitation in the kitchen. Students will learn how to prevent foodborne illnesses, properly clean kitchen tools and surfaces, and respond to common kitchen emergencies such as cuts, burns, and fires. This unit emphasizes the importance of hygiene practices, such as handwashing and safe food storage, to create a safe cooking environment.

- Topics: Personal hygiene, foodborne pathogens, proper food storage, cleaning and sanitizing, safety protocols
- Skills: Identifying hazards, using first aid techniques, creating safety plans



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Unit 2: Kitchen Tools, equipment, and measurement

Overview:

In this unit, students become familiar with essential kitchen tools and appliances, learning their names, uses, and safe handling procedures. Emphasis is placed on accurate measuring techniques for dry and liquid ingredients, and proper knife skills. Students will practice following recipes and understand the importance of mise en place (prepping ingredients before cooking).

- Topics: Tool identification, measurement systems, equipment safety, knife skills
- Skills: Measuring accurately, handling tools safely, interpreting recipes

Unit 3: Basic Cooking Methods

Overview:

Students will explore a variety of basic cooking methods, including boiling, baking, sautéing, roasting, steaming, and more. The unit focuses on understanding how different techniques affect food texture, flavor, and nutrition. Students will prepare simple recipes and evaluate outcomes based on taste, appearance, and technique.

- Topics: Dry-heat vs. moist-heat cooking, stove and oven use, seasoning and flavoring
- Skills: Following multi-step recipes, adjusting heat levels, using timers and thermometers

Unit 4: Nutrition and Wellness

Overview:

This final unit focuses on the relationship between food choices and personal health. Students will learn to read nutrition labels, understand the food groups and dietary guidelines, and plan balanced meals. Emphasis will be placed on making informed food decisions that support long-term health and wellness.

- Topics: Macronutrients, MyPlate, food labels, meal planning, dietary needs
- Skills: Evaluating meals, creating balanced menus, understanding ingredient substitutions



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