

SOUTHMORELAND SCHOOL DISTRICT

CURRICULUM FRAMEWORK



Course	Basic Cooking-3 Day		
Unit	Unit 1: Kitchen Safety & Sanitation		
Standards			
• 11.3.12A: Analyze food science, nutrition, and wellness practices. • 11.3.12B: Evaluate the impact of food decisions on well-being. • 11.3.12C: Analyze the principles of food safety and sanitation. • 11.3.12D: Evaluate the nutritional and economic value of food and meal planning. • 11.3.12F: Evaluate consumer choices related to food purchasing and preparation.			
Essential Questions		Skills/Competencies	
• What are the most important safety and sanitation practices in the kitchen? • How can cross-contamination be prevented? • Why are food borne illnesses a serious risk?		• Demonstrate proper handwashing and hygiene practices. • Identify and correct safety hazards in the kitchen. • Follow proper cleaning and sanitizing procedures. • Apply correct food storage techniques.	
Key Vocabulary		Related Misconceptions	
• Cross-contamination • Bacteria • Foodborne illness • Sanitize • Personal hygiene • Temperature danger zone		• Hot food can be left out for hours safely. • Washing hands once is enough for all food prep. • All bacteria are bad and should be avoided.	

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Course	Basic Cooking-3 Day		
Unit	Unit 2: Kitchen Tools, Equipment & Measurement		
Standards			
● 11.3.12A: Analyze food science, nutrition, and wellness practices. ● 11.3.12B: Evaluate the impact of food decisions on well-being. ● 11.3.12C: Analyze the principles of food safety and sanitation. ● 11.3.12D: Evaluate the nutritional and economic value of food and meal planning. ● 11.3.12F: Evaluate consumer choices related to food purchasing and preparation.			
Essential Questions		Skills/Competencies	
● How do different tools impact cooking outcomes? Why is accurate measuring important in cooking and baking? ● What's the difference between dry and liquid measuring?		● Identify, safely use, and care for kitchen tools. ● Accurately measure dry and liquid ingredients. ● Apply mise en place in food preparation. ● Operate kitchen equipment safely (oven, stovetop, mixer, etc.).	
Key Vocabulary		Related Misconceptions	
● Mise en place ● Measuring spoons/cups ● Whisk, spatula, ladle ● Oven thermometer ● Prep tools ● Equipment safety		● One measuring cup works for all ingredients. ● Tools don't affect the outcome of a recipe. ● It's okay to eyeball measurements in baking.	

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Course	Basic Cooking-3 Day		
Unit	Unit 3: Basic Cooking Methods		
Standards			
● 11.3.12A: Analyze food science, nutrition, and wellness practices. ● 11.3.12B: Evaluate the impact of food decisions on well-being. ● 11.3.12C: Analyze the principles of food safety and sanitation. ● 11.3.12D: Evaluate the nutritional and economic value of food and meal planning. ● 11.3.12F: Evaluate consumer choices related to food purchasing and preparation.			
Essential Questions		Skills/Competencies	
● What are the differences between dry heat and moist heat cooking methods? ● How do heat and time affect different types of food? ● How can you tell when food is properly cooked?		● Identify and perform key cooking methods. ● Use time and temperature effectively in recipes. ● Monitor doneness using thermometers and observation. ● Compare outcomes of different cooking techniques.	
Key Vocabulary		Related Misconceptions	
● Sauté ● Boil ● Simmer ● Bake ● Roast ● Broil ● Steam		● All food cooks at the same temperature. ● Cooking longer always makes food more tender. ● You can tell food is cooked just by looking.	

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Course	Basic Cooking-3 Day		
Unit	Unit 4: Nutrition & Wellness		
Standards			
● 11.3.12A: Analyze food science, nutrition, and wellness practices. ● 11.3.12B: Evaluate the impact of food decisions on well-being. ● 11.3.12C: Analyze the principles of food safety and sanitation. ● 11.3.12D: Evaluate the nutritional and economic value of food and meal planning. ● 11.3.12F: Evaluate consumer choices related to food purchasing and preparation.			
Essential Questions		Skills/Competencies	
● How do food choices impact health and well-being? What nutrients are essential for the human body? ● How can meals be modified for different dietary needs?		● Identify major nutrients and their food sources. ● Analyze food labels and nutritional information. ● Plan balanced meals using MyPlate guidelines. ● Modify recipes for health-conscious choices.	
Key Vocabulary		Related Misconceptions	
● Macronutrients ● Micronutrients ● MyPlate ● Calories ● Portion control ● Nutrient density		● All fats and carbs are bad. ● “Healthy” food can’t taste good. ● Portion sizes are the same for everyone.	