

Course Title:	Farm to Whisk
Grade(s):	9-12

Course Description
In this introductory course, students will explore where the food they eat comes from and the role of the environment in food production and trends. Students will develop critical thinking skills about our food system and sustainability. Safety and sanitation is stressed in this class. Students will also grow, harvest, and process culinary herbs. A community service project will also be included in this course.
Approved Curricular Materials/Textbook(s)
ServSafe Book/Online Module

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Safety/Sanitation	Students are expected to follow industry safety and sanitation standards by practicing proper handwashing, preventing cross-contamination, and safely using knives, tools, and equipment. Students will communicate effectively with their group and maintain a clean, organized workstation to ensure a safe and professional kitchen environment.	2 weeks
Unit 2: Meet the Food System	Students explore how food moves from farm to plate by examining the global food system, including its advantages and challenges. They learn where foods are grown, how seasonality impacts availability, and how ingredients, equipment, and supplies are selected and prepared safely for menu production.	3 weeks
Unit 3: Keeping our Food Safe	Students learn how to keep food safe from production through consumption by identifying sources of contamination and applying proper time and temperature controls. They practice using kitchen tools safely and demonstrate correct cleaning and sanitizing procedures to improve overall food safety.	1-2 weeks

Unit 4: Growing Food	Students explore growing food as a way to better understand where food comes from and how it impacts health and sustainability. They learn about soil as the foundation of food production and discover the culinary, nutritional, and economic benefits of growing fresh herbs and produce, including growing their own basil plant.	3-4 weeks
Unit 5: Our Wasted Food	Students examine how food waste occurs and why it is a major environmental and economic issue. They learn what happens to wasted food and identify practical strategies to reduce food waste through more sustainable food production and service practices.	2-3 weeks
Unit 6: Food Preservation	Students explore food preservation and processing methods used to reduce food waste and extend shelf life while maintaining flavor and nutrition. They examine the role of technology and refrigeration, learn how to read and understand food labels, and apply their learning by making pickles and their own jam.	2-3 weeks
Unit 7: Food from the Sea	Students explore where seafood comes from and examine key issues affecting the fishing industry in the northeastern United States. They compare fishing and aquaculture, consider the role of ocean farming in sustainability and climate solutions, and apply safe, professional techniques by preparing salmon.	1 week
Unit 8: Careers	Students explore a wide range of career pathways within the food production and food service industries. They learn about roles such as chef, pastry chef, food stylist, nutritionist, food scientist, and food writer, and examine the skills and training needed for each career.	2 weeks