



LINCOLN-WOODSTOCK COOPERATIVE SCHOOL DISTRICT COURSE SYLLABUS

Course Name: Cooking
Length: Quarterly
Teacher: Kristie Morris

Course Description: 9-week middle school cooking class.

Competencies or Standards Assessed:

For a hands-on elective like cooking, focus on measurable skills and core knowledge. You might draw from Family and Consumer Science (FCS) or general life science standards.

- **Safety & Sanitation:** Students can independently identify and practice safe knife skills, prevent cross-contamination, and handle kitchen equipment (stoves, ovens, mixers) safely.
- **Reading & Following Recipes:** Students can accurately measure ingredients using both dry and liquid measuring tools and interpret recipe instructions (including understanding culinary vocabulary and abbreviations).
- **Technique & Application:** Students can successfully execute a minimum of three fundamental cooking methods (e.g., sautéing, boiling, baking) and prepare a dish from two different food groups (e.g., grain and vegetable).
- **Nutritional Awareness:** Students can explain the function of the three major macronutrients (carbohydrates, fats, proteins) and identify healthier ingredient substitutions in a recipe.
- **Kitchen Management:** Students can manage time to complete a dish within a given class period and work with a team to clean and sanitize a kitchen station thoroughly.

Anchor Texts or Major Curriculum:

- **The School Recipe Binder/Digital Cookbook:** A curated set of your class's core recipes (e.g., foundational recipes like scrambled eggs, simple vinaigrette, basic dough) that are frequently referenced and mastered.
- **Kitchen Safety & Sanitation Handbook:** A short, accessible document covering knife safety, fire prevention, burn first aid, proper food storage, and the "Danger Zone" temperature range.
- **Measurement Conversion Chart:** A visible chart that acts as a consistent reference for

- converting fractions, ounces to cups, etc.
- Introductory Nutrition Infographic or Text: A simplified visual or text resource on the MyPlate method and the basics of macro and micronutrients.

Course Outline (major units of study):

Unit Title	Essential Question or Overarching Understanding
Unit 1: Kitchen Basics & Safety	(1-2 Weeks) Why is a clean and organized kitchen the most important ingredient in any dish?
Unit 2: Measurement & Methods (2-3 Weeks) How does a precise understanding of math and science lead to a delicious dish?	(2-3 Weeks) How does a precise understanding of math and science lead to a delicious dish?
Unit 3: The Global Pantry (2 Weeks) How can a better understanding of different cuisines expand my cooking skills and connect me to the world?	(2 Weeks) How can a better understanding of different cuisines expand my cooking skills and connect me to the world?
Unit 4: Menu Planning & Independent Prep (2 Weeks)	How do I create a meal that is both nutritious and achievable with the time and ingredients I have?
Unit 5: Final Showcase & Reflection (1 Week)	How can I demonstrate my cumulative skills to adapt a recipe to meet a specific goal?

Portrait of a Learner

Independent Learner

I make thoughtful plans and do my best to reach personal goals using feedback to work through challenges.

Responsible Collaborator

I work with others to achieve shared goals by listening actively, contributing ideas, and managing conflict.

Critical Thinker

I analyze information, ask thoughtful questions, and apply reasoning skills to solve problems and make decisions.

Effective Communicator

I express ideas clearly, adapting strategies based on the audience, setting, and/or purpose.

Global Citizen



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I show that I care and take responsibility by helping in my community and the world around me.

Additional Classroom Expectations: These are the non-negotiables for a safe and effective learning environment.

- **Hair up, long sleeves secured, and aprons on** before entering the cooking space.
- **No running or horseplay**—the kitchen is a workspace, not a play area.
- **Always announce** when you are carrying a sharp object ("Knife coming through!") or a hot object ("Hot pan behind you!").
- **Sinks and counters must be completely wiped and sanitized** with the approved solution before the student group leaves the station.
- **Tasting is only permitted** *after* the dish is fully cooked and the instructor has given the "okay."