Lehighton Area School District
Curriculum Framework

Course Title: Cooking 101
Content Area: Family Consumer Sciences
Grade Level(s): 9-12

Course Overview:

Cooking 101 is an introductory culinary arts course designed for students in grades 9–12. This hands-on course provides students with the foundational knowledge and practical skills needed to prepare food safely, efficiently, and confidently. Students will develop kitchen management and organizational skills, learn proper food safety and sanitation practices, explore how flavors are created and balanced, and apply culinary techniques through a variety of food preparation labs.

Throughout the course, students will gain experience using kitchen equipment, reading and following recipes, measuring ingredients accurately, and practicing basic knife skills. Students will also examine foodborne illnesses and the role of food safety agencies in protecting public health. As the course progresses, students will explore herbs, spices, and flavor profiles before preparing a variety of foods including soups, sauces, sandwiches, salads, dressings, stir-fries, and casseroles.

Emphasis is placed on teamwork, problem-solving, time management, creativity, and responsible kitchen practices. Through demonstrations, discussions, projects, and laboratory experiences, students will build confidence in their ability to prepare nutritious and appealing foods while developing lifelong cooking skills that can be applied at home and in future culinary experiences.

PA Core Standards: Academic Standards for Family & Consumer Science

Key Course Text and Materials:

Teacher-created notes, presentations, worksheets, and study guides
Teacher copy of a culinary textbook and food science reference materials
Standardized recipes and recipe collections
Kitchen equipment, utensils, and small appliances
Food ingredients and consumable lab supplies
Demonstration materials and instructional videos
Food safety and sanitation resources from the USDA, FDA, and CDC
Measurement tools, thermometers, and scales
Online culinary resources and educational websites
Individual and group laboratory activities
Project-based learning materials and research resources

Key Assessments/Projects:

Written Assessments
Performance-Based Assessments
Laboratory Assessments
Projects
Culminating Assessment Options
Ongoing Assessments

Big Idea/Unit: Kitchen Management
Pacing: 24 Days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
11.2.12.A 11.2.12.E 11.2.12.F 11.2.12.G	Organizational Skills	Pre-preparation Dovetailing Sanitize	Any one or combination of the following: teacher made materials, demonstrations, labs, class discussions, projects, or group activities.	Either or a combination of labs or written evaluation.
11.2.12.C	Measuring Techniques	teaspoon- t. or tsp. Tablespoon- T. or Tbsp. Cup- C. Quart- qt. Pint- pt. Gallon- gal. Ounce- oz. Pound- pd. Inch- in. Degree Fahrenheit (F) Equivalent Level	Any one or combination of the following: teacher made materials, demonstrations, labs, class discussions, projects, or group activities.	Either or a combination of labs or written evaluation.
11.2.12.C	Kitchen Equipment	Colander Dry measuring cups Liquid measuring cups Measuring spoons Turner Spatula	Any one or combination of the following: teacher made materials, demonstrations, labs, class discussions, projects, or group activities.	Either or a combination of labs or written evaluation.

11.2.12.A 11.2.12.C 11.2.12.E 11.2.12.F 11.2.12.G	Reading a Recipe	Bake Toss Combine Mix Yield Cream Volume Blend Fold Omit Optional High altitude cooking Weight	Any one or combination of the following: teacher made materials, demonstrations, labs, class discussions, projects, or group activities.	Either or a combination of labs or written evaluation.
11.2.12.A 11.2.12.C 11.2.12.E 11.2.12.F 11.2.12.G	Knife Skills	Chefs knife Paring knife Chop Slice Mince Dice Cube Handle Blade Point Tip Tang Rivets Bolster Shank Cutting edge Pare Score Sliver Julienne	Any one of the following: teacher made materials, demonstrations, labs, class discussions, projects, or group activities.	Either or a combination of labs or written evaluation.

Big Idea/Unit: Food Safety
Pacing: 10 Days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project

11.3.12 A 11.3.12.B 11.3.12.G	Sanitary Practices	Cross contamination Hygiene Pathogen Microbial Temperature Danger Zone Internal temperature 2 hour rule Microorganism Toxins Bacteria	Any one or combination of the following: teacher made materials, demonstrations, labs, class discussions, or group activities.	Either or a combination of labs or written evaluation.
11.3.12.A 11.3.12.B 11.3.12.G	Foodborne Illnesses	Salmonella E.coli Perfringens listeria Poultry	Any one or combination of the following: teacher made materials, demonstrations, labs, class discussions, or group activities.	Either or a combination of labs or written evaluation.
	Food Safety Agencies	FDA CDC EPA USDA GRAS	Any one or combination of the following: teacher made materials, demonstrations, labs, class discussions, or group activities.	Either or a combination of labs or written evaluation.

Big Idea/Unit: Building Flavors
Pacing: 5 days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
11.3.12.B 11.3.12.C 11.3.12.D 11.3.12.G	Taste and Smell	Bitter Sweet Savory Sour Salty Comfort foods hospitality	Any one or combination of the following: teacher-made materials, demonstrations, labs, class discussions, projects, group activities.	Either or a combination of labs or written evaluation.

11.3.12.B 11.3.12.C 11.3.12.D 11.3.12.G	Herb and Spices	salt peppers spices herbs bouquet garni	Any one or combination of the following: teacher-made materials, demonstrations, labs, class discussions, projects, group activities.	Either or a combination of labs or written evaluation.
11.3.12.B 11.3.12.C 11.3.12.D 11.3.12.G	Balancing Flavors	acids base marinade condiments caramelizing palate	Any one or combination of the following: teacher-made materials, demonstrations, labs, class discussions, projects, group activities.	Either or a combination of labs or written evaluation.

Big Idea/Unit: Food Combinations
Pacing: 47 days

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
11.3.12.A 11.3.12.B 11.3.12.C 11.3.12.D 11.3.12.E 11.3.12.F 11.3.12.G	Soup, Stews, and Sauces	broth stock bouillon reduction cornstarch gelatinization roux temper consommé bisque chowder stew sauce au jus	Any one or combination of the following: teacher-made materials, demonstrations, labs, class discussions, projects, or group activities.	Either one or a combination of labs or written evaluations.

11.3.12.A 11.3.12.B 11.3.12.C 11.3.12.D 11.3.12.E 11.3.12.F 11.3.12.G	Sandwiches	club sandwich open-faced sandwich hero wraps pita focaccia tea sandwich gyro tortilla fajitas guacamole calzone	Any one or combination of the following: teacher-made materials, demonstrations, labs, class discussions, projects, or group activities.	Either one or a combination of labs or written evaluations.
11.3.12.A 11.3.12.B 11.3.12.C 11.3.12.D 11.3.12.E 11.3.12.F 11.3.12.G	Salads and Dressings	crouton tossed molded emulsion temporary emulsion permanent emulsion vinaigrette mayonnaise cooked dressing dairy dressing	Any one or combination of the following: teacher-made materials, demonstrations, labs, class discussions, projects, or group activities.	Either one or a combination of labs or written evaluations.
11.3.12.A 11.3.12.B 11.3.12.C 11.3.12.D 11.3.12.E 11.3.12.F 11.3.12.G	Stir-fry and Casseroles	stir-fry mise en place wok casserole binder Shepherd’s Pie au gratin	Any one or combination of the following: teacher-made materials, demonstrations, labs, class discussions, projects, or group activities.	Either one or a combination of labs or written evaluations.