Introduction to Culinary Arts

Grade(s):	☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 6 ☐ 7 ☐ 8	☑ 9 ☑ 10 ☑ 11 ☑ 12 ☐ Other _____
Discipline/Course:	**Discipline:** Family and Consumer Science **Course:** Culinary Arts		
Course Title:	Introduction to Culinary Arts		
Prerequisite(s):	n/a		
Course Description: *Program of Studies*	Introduction to Culinary Arts provides students with foundational skills in culinary arts while emphasizing food safety, teamwork, and professionalism in the kitchen. Students will explore essential cooking techniques and gain hands-on experience through a variety of lab-based learning opportunities. Units focus on preparing students to be "lab ready," developing knife skills, and mastering fundamental cooking methods involving eggs, breakfast foods, soups, sauces, and proteins. Students will also extend their learning beyond the classroom through engaging with their community. Students recognize that food is not just nourishment. It is a way to connect, serve, and create positive change within their community.		
Course Essential Questions:	● How do safe food handling and sanitation practices impact health and food quality? ● What responsibilities do students have to ensure a safe and professional kitchen environment? ● How does mise en place build the organization and time management skills needed for efficiency and quality in food preparation? ● How do knife skills contribute to safety, efficiency, and presentation in cooking? ● How do different types of knives and cuts influence the flavor, texture, and appearance of a dish? ● Why is knife maintenance just as important as knife technique? ● What are the essential functions and nutritional contributions of eggs in cookery? ● How do you properly handle and store eggs and other perishable food items?		

	• What chemical and physical changes occur when cooking eggs, proteins, and sauces and how do they affect the flavor, texture and doneness of proteins and sauces? • How do I know if my eggs or other ingredients are cooked properly? • How do foundational cooking techniques connect across different food categories (soups, sauces, proteins, etc.)? • How do culinary professionals balance creativity in recipe execution and plating, and why is consistency in flavor, texture, and presentation important in professional cooking? • How does gaining skills in time management, communication, adaptability, and teamwork during food preparation better prepare students for employment? • How can food and cooking serve as a way to strengthen community connections? • What responsibilities do individuals and culinary professionals have when preparing food for others? • In what ways can food service reflect care, respect, and inclusivity for diverse groups of people? • How do cooking methods and ingredient choices affect the quality and nutritional value of dishes?
Course Enduring Understandings:	• Safety and Sanitation: Proper food handling, cleaning, and organization prevent foodborne illness and ensure professional kitchen readiness. • Procedures and Routines: Creating strong habits creates a positive, efficient learning environment that mirrors the expectations of the food service industry. • Mise En Place is more than preparation. It reflects professionalism, mindfulness, and respect for ingredients and teammates. It provides organization and efficiency to group cooking. • Collaboration: Culinary success depends on communication, time management, and teamwork. • Knife Skills: Precision cutting techniques improve safety, reduce waste, and enhance the visual appeal of food. • Culinary Foundations: Eggs, soups, sauces, and proteins form the building blocks of cooking—understanding their functions allows chefs to adapt recipes and techniques creatively. • Science of Cooking: Cooking is both art and science; heat, technique, and ingredients interact to transform flavor, texture, and appearance. • Professionalism**:** Discipline, safety, and respect for ingredients and peers are key components of professional kitchen culture. • Community Connections: Food is a universal connector that fosters relationships and community

	well-being.	
Duration: **Credit:**	☑ Semester ☐ Full-Year	☑ 0.5 Credit(s) ☐ 1.0 Credit(s) ☐ 1.5 Credit(s) ☐ N/A
Course Materials/Resources:	N/A	
FPS Course Academic Expectation(s):	☑ Exploring and Understanding (EU) ☐ Synthesizing and Evaluating (SE) ☑ Creating and Constructing (CC) ☐ Conveying Ideas (CI) ☐ Collaborating Strategically (CS) ☐ Using Communication Tools (UCT)	
Year at a Glance (Units):	**Unit 1:** Lab Ready (~2 weeks) **Unit 2:** Knife Skills (~3 weeks) **Unit 3:** Eggs and Breakfasts (~5 weeks) **Unit 4:** Soups, Sauces, and Proteins (~7 weeks) **Unit 5:** Community Kitchen (~3 weeks)	

Unit Number and Title:	**Unit 1:** Lab Ready
Duration:	~2 weeks
Resource(s):	N/A
Unit Overview:	This unit establishes the foundation for success in all future culinary labs. Students will learn the expectations and routines that support a safe, efficient, and professional kitchen environment. Through hands-on demonstrations, guided practice, and reflection, students will master proper sanitation, understand lab procedures and protocols, practice personal hygiene, kitchen and food safety, and apply mise en place principles to prepare for lab success.
Learning Goals	
Standard(s):	**Area of Study 8.2: Demonstrate food safety and sanitation procedures.** 8.2.1 — Demonstrate personal hygiene and safety practices that prevent foodborne illness. 8.2.2 — Demonstrate proper receiving, storage, and handling of both raw and prepared foods. 8.2.3 — Demonstrate appropriate cleaning, sanitizing, and maintenance of tools and equipment. **Area of Study 8.4: Apply concepts of meal preparation, organization, and teamwork.** 8.4.1 — Demonstrate professional kitchen work habits, communication, and time management. **Area of Study 1.2: Demonstrate transferable employability skills.** 1.2.3 — Demonstrate dependability, reliability, and professional responsibility.
Essential Question(s):	● How do safe food handling and sanitation practices impact health and food quality? ● What responsibilities do students have to ensure a safe and professional kitchen environment? ● How does mise en place build the organization and time management skills needed for efficiency and quality in food preparation? ● How does gaining skills in time management, communication, adaptability, and teamwork during food preparation better prepare students for employment? ● How do knife skills contribute to safety, efficiency, and presentation in cooking?

Enduring Understanding(s):	● Safety and Sanitation: Proper food handling, cleaning, and organization prevent foodborne illness and ensure professional kitchen readiness. ● Procedures and Routines: Creating strong habits creates a positive, efficient learning environment that mirrors the expectations of the food service industry. ● Mise En Place is more than preparation. It reflects professionalism, mindfulness, and respect for ingredients and teammates. It provides organization and efficiency to group cooking. ● Collaboration: Culinary success depends on communication, time management, and teamwork. ● Knife Skills: Precision cutting techniques improve safety, reduce waste, and enhance the visual appeal of food. ● Professionalism**:** Discipline, safety, and respect for ingredients and peers are key components of professional kitchen culture.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● the importance of food safety, sanitation, and personal hygiene in preventing contamination and illness. ● common kitchen hazards and procedures for maintaining a safe work environment. ● the correct methods for cleaning, sanitizing, and storing tools, utensils, and ingredients. ● the concept and components of mise en place and how it supports time management and efficiency. ● classroom and lab expectations, including teamwork roles, routines, and accountability systems. **Skills:** (Students will be able to…) ● demonstrate proper handwashing, glove use, and personal hygiene in the kitchen. ● identify and correctly use cleaning and sanitizing agents according to industry standards. ● follow established kitchen safety procedures, including proper handling of equipment and emergency protocols. ● set up a workstation using mise en place principles (e.g., gathering ingredients, tools, and organizing workflow).

	● collaborate effectively within lab groups by communicating roles, responsibilities, and expectations. ● apply classroom procedures to maintain a clean, safe, and efficient lab environment from setup through cleanup.

Unit Number and Title:	**Unit 2:** Knife Skills
Duration:	~3 weeks
Resource(s):	N/A
Unit Overview:	This unit introduces students to fundamental knife skills essential for success in culinary arts and food service careers. Students will learn about the types and parts of knives, safe handling and maintenance practices, and proper cutting techniques for various foods. Emphasis will be placed on safety, precision, efficiency, and sanitation in the kitchen environment. Through hands-on practice, students will develop confidence in performing basic cuts and applying these skills to food preparation tasks.
Learning Goals	
Standard(s):	**Area of Study 8.2: Demonstrate food safety and sanitation procedures.** 8.2.1: Demonstrate food preparation methods and techniques to produce a variety of food items. 8.2.2: Analyze and apply food preparation, presentation, and safety standards to ensure quality results. 8.2.5: Demonstrate knife skills, hand tools, and equipment operation following safety and sanitation procedures. **Area of Study 8.4: Apply concepts of meal preparation, organization, and teamwork.** 8.4.2: Demonstrate safety and sanitation procedures in food production and service.
Essential Question(s):	● How do different types of knives and cuts influence the flavor, texture, and appearance of a dish? ● Why is knife maintenance just as important as knife technique?
Enduring Understanding(s):	● Safety and Sanitation: Proper food handling, cleaning, and organization prevent foodborne illness and ensure professional kitchen readiness. ● Procedures and Routines: Creating strong habits creates a positive, efficient learning environment that mirrors the expectations of the food service industry. ● Knife Skills: Precision cutting techniques improve safety, reduce waste, and enhance the visual

	appeal of food. ● Professionalism**:** Discipline, safety, and respect for ingredients and peers are key components of professional kitchen culture.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● how to identify the parts and types of knives used in professional and home kitchens. ● how to identify standard knife cuts (e.g., slice, dice, chiffonade, mince). ● how to evaluate the role of knife skills in food presentation, consistency, and waste reduction **Skills:** (Students will be able to….) ● demonstrate correct knife handling, carrying, and cleaning procedures. ● perform and identify standard knife cuts (e.g., dice, julienne, chiffonade, mince). ● apply knife skills safely and efficiently to the preparation of fruits, vegetables, and proteins.

Unit Number and Title:	**Unit 3:** Eggs and Breakfasts
Duration:	~5 weeks
Resource(s):	N/A
Unit Overview:	In this unit, students will explore the foundational role of eggs and breakfast cookery within the culinary world. Through a combination of hands-on labs, demonstrations, and guided practice, students will develop an understanding of egg cookery principles, breakfast composition, nutrition and importance of the morning meal. Emphasis will be placed on basic culinary skills, including safety, sanitation, measurement accuracy, and effective time management in the kitchen. By the end of the unit, students will demonstrate proficiency in preparing a variety of egg-based dishes and balanced breakfast menus that reflect both technical skill and nutritional awareness**.**
Learning Goals	
Standard(s):	**Area of Study 8.2: Demonstrate food safety and sanitation procedures.** 8.2.2: Analyze recipe conversions and modifications for quantity food production. 8.2.5: Demonstrate proper cooking methods and techniques for eggs and breakfast foods. 8.3.1: Demonstrate food safety and sanitation procedures. **Standard 8.4: Apply concepts of meal preparation, organization, and teamwork.** 8.4.3: Apply basic nutrition concepts in meal planning and preparation. **Area of Study 9.0 — Food Science, Dietetics, and Nutrition** 9.4.4: Evaluate the nutritional value and sensory appeal of prepared foods. **Area of Study 1.0 — Career, Community, and Family Connections** 1.2.2: Demonstrate transferable and employability skills in food-related careers.

Essential Question(s):	● What are the essential functions and nutritional contributions of eggs in cookery? ● How do you properly handle and store eggs and other perishable food items? ● How does mise en place build the organization and time management skills needed for efficiency and quality in food preparation? ● What chemical and physical changes occur when cooking eggs, proteins, and sauces and how do they affect the flavor, texture and doneness of proteins and sauces?
Enduring Understanding(s):	● Safety and Sanitation: Proper food handling, cleaning, and organization prevent foodborne illness and ensure professional kitchen readiness. ● Procedures and Routines: Creating strong habits creates a positive, efficient learning environment that mirrors the expectations of the food service industry. ● Mise En Place: Is more than preparation. It reflects professionalism, mindfulness, and respect for ingredients and teammates. It provides organization and efficiency to group cooking. ● Collaboration: Culinary success depends on communication, time management, and teamwork. ● Knife Skills: Precision cutting techniques improve safety, reduce waste, and enhance the visual appeal of food. ● Culinary Foundations: Eggs, soups, sauces, and proteins form the building blocks of cooking—understanding their functions allows chefs to adapt recipes and techniques creatively. ● Science of Cooking: Cooking is both art and science; heat, technique, and ingredients interact to transform flavor, texture, and appearance. ● Professionalism**:** Discipline, safety, and respect for ingredients and peers are key components of professional kitchen culture.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● the structure, functions, and nutritional contributions of eggs in cookery. ● how to safely handle and properly store eggs and perishable breakfast items **Skills:** (Students will be able to…) ● apply principles of mise en place, timing, and plate presentation when preparing breakfast

	menus. ● prepare eggs using various cooking methods (e.g., scrambled, fried, poached, and omelet-style). ● evaluate breakfast dishes based on appearance, flavor, texture, and nutritional balance.

Unit Number and Title:	**Unit 4:** Soups, Sauces, and Proteins
Duration:	~7 weeks
Resource(s):	N/A
Unit Overview:	Students will apply their developing culinary skills to prepare soups, sauces, and protein-based dishes that demonstrate mastery of fundamental cooking techniques. Students will explore the science behind flavor development, thickening methods, and proper cooking temperatures while reinforcing mise en place, teamwork, and time management. By understanding how these elements work together, students will gain the ability to prepare balanced, flavorful, and visually appealing dishes with confidence and professionalism.
Learning Goals	
Standard(s):	**Area of Study 8.3: Demonstrate food preparation techniques and cooking methods.** 8.3.1 — Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.3.2 — Demonstrate a variety of cooking methods such as sautéing, simmering, roasting, and grilling. 8.3.3 — Apply principles of food science to the preparation of proteins, soups, and sauces. 8.3.4 — Demonstrate proper use and care of culinary tools and equipment. **Area of Study 8.2: Demonstrate food safety and sanitation procedures.** 8.2.2 — Demonstrate proper storage and handling of raw and cooked proteins to prevent cross-contamination. **Area of Study 8.4: Apply concepts of meal preparation, organization, and teamwork.** 8.4.2 — Analyze the relationship between work flow, organization, and food quality in lab settings.
Essential Question(s):	● How do foundational cooking techniques connect across different food categories (soups, sauces, proteins, etc.)? ● How do cooking methods and ingredient choices affect the quality and nutritional value of dishes?

	● How do culinary professionals balance creativity in recipe execution and plating, and why is consistency in flavor, texture, and presentation important in professional cooking? ● How does gaining skills in time management, communication, adaptability, and teamwork during food preparation better prepare students for employment? ● What chemical and physical changes occur when cooking eggs, proteins, and sauces and how do they affect the flavor, texture and doneness of proteins and sauces?
Enduring Understanding(s):	● Safety and Sanitation: Proper food handling, cleaning, and organization prevent foodborne illness and ensure professional kitchen readiness. ● Procedures and Routines: Creating strong habits creates a positive, efficient learning environment that mirrors the expectations of the food service industry. ● Mise En Place is more than preparation. It reflects professionalism, mindfulness, and respect for ingredients and teammates. It provides organization and efficiency to group cooking. ● Collaboration: Culinary success depends on communication, time management, and teamwork. ● Knife Skills: Precision cutting techniques improve safety, reduce waste, and enhance the visual appeal of food. ● Culinary Foundations: Eggs, soups, sauces, and proteins form the building blocks of cooking—understanding their functions allows chefs to adapt recipes and techniques creatively. ● Science of Cooking: Cooking is both art and science; heat, technique, and ingredients interact to transform flavor, texture, and appearance. ● Professionalism**:** Discipline, safety, and respect for ingredients and peers are key components of professional kitchen culture.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● the classifications and characteristics of soups (e.g., clear, thick, puréed) and sauces (e.g., mother sauces and derivatives). ● common protein types (e.g., poultry, beef, pork, fish, eggs) and appropriate cooking methods for each. ● the role of stock, roux, slurry, and reduction in flavor development and thickening. ● safe minimum internal cooking temperatures for various proteins.

	● how heat, timing, and technique influence the sensory qualities of food (e.g., flavor, color, aroma, and texture). ● the impact of mise en place and teamwork on the success of multi-step recipes. **Skills:** (Students will be able to…) ● demonstrate thickening techniques including roux, slurry, and reduction to create desired textures. ● identify and execute proper cooking methods for various proteins (e.g., sautéing, searing, roasting, poaching, grilling). ● accurately measure, monitor, and record cooking temperatures for food safety. ● season, taste, and adjust soups, sauces, and proteins for balance and depth of flavor. ● plate and present dishes using professional standards of appearance and portioning. ● collaborate within lab groups to coordinate timing and ensure quality across all components of the meal.

Unit Number and Title:	**Unit 5:** Community Kitchen
Duration:	~5 weeks
Resource(s):	N/A
Unit Overview:	In the community kitchen unit, students will explore how food brings people together and the role culinary professionals play in serving their communities. Through hands-on cooking labs, collaborative projects, and reflective discussions, students will learn how culinary skills can support and strengthen community well-being—whether through shared meals, food service operations, or community outreach. Students will apply basic culinary techniques, food safety and sanitation practices, and teamwork skills to plan and prepare meals designed for groups or community-style service. The unit emphasizes communication, collaboration, and social responsibility in the kitchen while connecting classroom learning to real-world food service and hospitality experiences. This unit helps students recognize that food is not just nourishment—it's a way to connect, serve, and create positive change within their community.
Learning Goals	
Standard(s):	**Area of Study 1.0 Career, Community, and Family Connections** 1.1.1: Analyze strategies for achieving quality of life and managing responsibilities in family, work, and community settings. 1.2.2**:** Demonstrate transferable and employability skills in family, community, and work settings. 1.2.4**:** Demonstrate leadership skills and qualities within family, community, and workplace roles. **Area of Study 8.0 Food Production and Services** 8.2.1: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs. 8.3.1: Demonstrate food safety and sanitation procedures. 8.4.1**:** Apply principles of menu planning to meet customer needs in a food service operation.

	Area of Study 9.0 Food Science, Dietetics, and Nutrition 9.4.1: Apply principles of meal planning, preparation, and service that meet individual and group dietary needs.
Essential Question(s):	● How can food and cooking serve as a way to strengthen community connections? ● What responsibilities do individuals and culinary professionals have when preparing food for others? ● How does gaining skills in time management, communication, adaptability, and teamwork during food preparation better prepare students for employment? ● In what ways can food service reflect care, respect, and inclusivity for diverse groups of people? ● How can food and cooking serve as a way to strengthen community connections?
Enduring Understanding(s):	● Community Connections: Food is a universal connector that fosters relationships and community well-being. ● Safety and Sanitation: Proper food handling, cleaning, and organization prevent foodborne illness and ensure professional kitchen readiness. ● Procedures and Routines: Creating strong habits creates a positive, efficient learning environment that mirrors the expectations of the food service industry. ● Mise En Place: Is more than preparation. It reflects professionalism, mindfulness, and respect for ingredients and teammates. It provides organization and efficiency to group cooking. ● Collaboration: Culinary success depends on communication, time management, and teamwork. ● Knife Skills: Precision cutting techniques improve safety, reduce waste, and enhance the visual appeal of food. ● Culinary Foundations: Eggs, soups, sauces, and proteins form the building blocks of cooking—understanding their functions allows chefs to adapt recipes and techniques creatively. ● Science of Cooking: Cooking is both art and science; heat, technique, and ingredients interact to transform flavor, texture, and appearance. ● Professionalism**:** Discipline, safety, and respect for ingredients and peers are key components of professional kitchen culture.

Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● food is a universal connector that fosters relationships and community well-being. ● safe and sanitary food handling is essential when preparing meals for others. ● culinary professionals have an opportunity and responsibility to contribute positively to their communities through service and hospitality. **Skills:** (Students will be able to…) ● demonstrate safe food handling, sanitation, and preparation skills when cooking for groups. ● collaborate effectively within a team to plan and execute a meal for a community-style setting. ● apply basic menu planning and portioning principles to meet the needs of a group. ● reflect on the role of food and hospitality in building community and supporting others. ● exhibit employability skills such as time management, communication, adaptability, and teamwork during food preparation and service.