Global Foods

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:	Global Foods		
Prerequisite(s):	Introduction to Culinary Arts		
Course Description: *Program of Studies*	Global Foods examines the relationship between food, culture, and global food systems. Students will analyze how geography, history, climate, and cultural traditions influence food choices and meal patterns around the world. Through hands-on laboratory experiences, students will develop foundational culinary skills while preparing global staple foods, iconic regional dishes, daily meals, and street foods from a variety of cultures. Emphasis is placed on food safety, sanitation, teamwork, and problem-solving. The course culminates in a global fusion project in which students apply cultural knowledge, culinary techniques, and creative thinking to design and prepare an original dish that reflects the impact of globalization on contemporary cuisine.		
Course Essential Questions:	● How do culture, history, geography, and climate influence what people eat around the world? ● In what ways does food reflect cultural identity, values, and traditions? ● How do staple foods influence daily meals worldwide? ● What makes a dish “iconic” to a culture or region? ● How can culinary skills, teamwork, and problem-solving be applied to create culturally respectful global dishes? ● How do regional environmental limits and global supply chains shape the nutritional value and availability of food for local populations?		

	● How do foundational preparation techniques such as knife skills, heat control, and cooking methods differ across cultures, and how do they impact the final flavor and texture of global dishes? ● In what ways do unique global kitchen tools and equipment, both traditional and modern, shape how ingredients are transformed and prepared? ● How do individual career paths in the consumer service industry collectively shape local, national, and global economies? ● How do cooks adapt traditional preparation techniques to fast-paced, space-constrained cooking environments like food trucks or street carts? ● How does a cook select, adapt, and safely apply technical skills to execute authentic or adapted regional cooking styles in a standard kitchen environment?	
Course Enduring Understandings:	● Regional geography, soil, and climate determine indigenous flora and fauna, establishing the foundational staple ingredients that define a culture's traditional diet and daily meal patterns. ● Culinary traditions and "iconic" dishes reflect a group's history, values, religious beliefs, trade routes, and social structures, serving as a dynamic expression of cultural heritage. ● Diverse cultural approaches to knife skills, heat management, and specialized traditional or modern equipment directly transform raw ingredients into distinct textures, flavor profiles, and culinary styles. ● Local nutritional availability and food choices are shaped by a complex interplay between regional environmental boundaries, historical trade, and contemporary global supply chains. ● Cooks continuously adapt traditional preparation methods to fit resource constraints such as time, space, or available tools in various environments. Innovation can be explored by blending cultures through contemporary fusion. ● Foundational mastery of food safety, sanitation, technical execution, and problem-solving is required to safely translate global recipes into a standard kitchen environment. ● Effective teamwork, communication, and adaptability are essential professional skills necessary to execute complex global dishes efficiently in dynamic lab and industry settings. ● Individual career pathways within the hospitality, culinary, and consumer services sectors drive local development and contribute significantly to national and global economies.	
Duration:	☑ Semester	☑ 0.5 Credit (s)

Credit:	☐ Full-Year	☐ 1.0 Credit(s) ☐ 1.5 Credit(s) ☐ N/A
Course Materials/Resources:	Standard and specialized kitchen equipment and tools	
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**: Foundations: Food Culture and Identity (~4 weeks) **Unit 2**: Global Cuisine Staples: Daily Meals, and Iconic Dishes (~8 weeks) **Unit 3**: The Future of Global Foods: Fusion, Trends, and Innovations (~8 weeks)	

Unit Number and Title:	**Unit 1:** Foundations: Food Culture and Identity
Duration:	~4 weeks
Resource(s):	Standard and specialized kitchen equipment and tools
Unit Overview:	This unit introduces students to the study of global foods by examining the relationship between food, culture, geography, history, and identity. Students explore how traditions, beliefs, climate, and available resources influence food choices and meal patterns across cultures. Emphasis is placed on understanding food as a cultural expression and foundation for respectful culinary exploration. Students will prepare dishes with varying flavor profiles from around the globe.
Learning Goals	
Standard(s):	**Area of Study 1.0 Career, Community & Family Connections** 1.2: Demonstrate transferable skills, teamwork, and problem-solving in school, community, and workplace settings. 1.2.2: Demonstrate positive interpersonal skills, respectful collaboration, and cultural competence when working in culinary lab groups. **Area of Study 8.0 Food Production & Services** 8.5: Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer/consumer needs. 8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.2: Demonstrate skill for a variety of cooking methods (e.g., dry, moist, combination heat) using appropriate kitchen equipment. 8.5.14: Demonstrate cooking methods and flavor development techniques using regional herbs, spices, and staple ingredients to enhance global dishes. 8.2.7: Demonstrate safe food handling, storage, and cross-contamination prevention practices in laboratory settings. **Area of Study: 9.0 Food Science, Dietetics, and Nutrition**

	9.3.6: Assess the sensory characteristics of food (color, texture, aroma, flavor profiles) across varied regional preparations. **Area of Study: 14.0 Nutrition and Wellness** 14.1: Analyze factors that influence nutrition and wellness practices across the lifespan. 14.1.4: Analyze the effects of global environmental changes and climate on food production, distribution, and consumption. 14.4.1: Analyze the effect of global transportation, technology, and trade on daily food choices and meal patterns.
Essential Question(s):	● How do culture, history, geography, and climate influence what people eat around the world? ● In what ways does food reflect cultural identity, values, and traditions? ● How can culinary skills, teamwork, and problem-solving be applied to create culturally respectful global dishes? ● How do regional environmental limits and global supply chains shape the nutritional value and availability of food for local populations? ● How do foundational preparation techniques such as knife skills, heat control, and cooking methods differ across cultures, and how do they impact the final flavor and texture of global dishes? ● In what ways do unique global kitchen tools and equipment, both traditional and modern, shape how ingredients are transformed and prepared? ● How does a cook select, adapt, and safely apply technical skills to execute authentic or adapted regional cooking styles in a standard kitchen environment?
Enduring Understanding(s):	● Regional geography, soil, and climate determine indigenous flora and fauna, establishing the foundational staple ingredients that define a culture's traditional diet and daily meal patterns. ● Culinary traditions and "iconic" dishes reflect a group's history, values, religious beliefs, trade routes, and social structures, serving as a dynamic expression of cultural heritage. ● Diverse cultural approaches to knife skills, heat management, and specialized traditional or modern equipment directly transform raw ingredients into distinct textures, flavor profiles, and culinary styles.

	● Local nutritional availability and food choices are shaped by a complex interplay between regional environmental boundaries, historical trade, and contemporary global supply chains. ● Foundational mastery of food safety, sanitation, technical execution, and problem-solving is required to safely translate global recipes into a standard kitchen environment. ● Effective teamwork, communication, and adaptability are essential professional skills necessary to execute complex global dishes efficiently in dynamic lab and industry settings.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● how climate zones, soil types, topographies, and regional water access dictate native crops, livestock, and primary staple foods across global regions. ● how historical events such as trade routes, migration patterns, and colonization introduced new agricultural goods and transformed regional foodways. ● the role of food as a vehicle for expressing cultural heritage and religious dietary practices ● how specific heat application methods (e.g., high-heat searing, moist-heat steaming, braising, dry-heat roasting) alter the molecular structure, texture, moisture retention, and flavor compounds of ingredients. ● the functional mechanics behind traditional knife cuts and uniform sizing in relation to even cooking rates and texture development. ● how specific materials (e.g., cast iron, clay, bamboo, stone) distribute heat or mechanically process fibers and spices to create distinct textural results. ● standard food safety, cross-contamination prevention, and thermal holding protocols (ServSafe standards) applied across diverse global cooking styles. **Skills:** (Students will be able to…) ● analyze geographic maps, climate data, and historical trade routes to explain the ingredient choices and flavor profiles of specific regional cuisines. ● execute precise, uniform knife cuts (e.g., julienne, chiffonade, dice, rondelle) and specialized preparation methods tailored to specific global dishes.

	● process raw spices, aromatics, and whole ingredients using both traditional tools (e.g., grinding with a mortar and pestle) and modern appliances. ● manage heat intensity across varied cooking platforms (e.g., stovetop, oven, high-heat stir-fry pan) to achieve proper caramelization, searing, or gentle simmering. ● build complex flavor profiles by layering regional aromatics, acid, fat, salt, and spices systematically throughout the cooking process. ● select and safely operate specialized traditional and modern culinary tools appropriate for the cuisine being prepared. ● collaborate effectively within kitchen lab groups to manage timing, station prep (mise en place), equipment utilization, and clean-up under strict time constraints. ● troubleshoot culinary failures in real time (e.g., adjusting over-seasoned dishes, balancing broken sauces, correcting under/over-cooked textures). ● assess flavor balance, aroma, mouthfeel, and visual plating presentation.

Unit Number and Title:	**Unit 2:** Global Cuisine Staples: Daily Meals, and Iconic Dishes
Duration:	~8 weeks
Resource(s):	Standard and specialized kitchen equipment and tools
Unit Overview:	Students explore staple ingredients and iconic dishes that define regional and national cuisines. This unit focuses on why certain foods become dietary staples and how iconic dishes evolve across regions while maintaining cultural significance. Students focus on everyday meals and how cultural norms, schedules, and resources shape breakfasts and lunches around the world. Students analyze meal structure, nutritional balance, and time constraints while preparing representative dishes.
Learning Goals	
Standard(s):	**Area of Study 1.0 Career, Community & Family Connections** 1.2: Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings 1.2.4: Demonstrate teamwork skills in school, community and workplace settings and with diverse populations. **Area of Study 2.0 Consumer & Family Resources** 2.1.1: Apply time management, organizational, and process skills to prioritize tasks and achieve goals. **Area of Study: 8.0 Food Production and Services** 8.2.5 Practice standard personal hygiene and wellness procedures. 8.2.6 Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods. 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups. 8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.

	8.5.3: Demonstrate skill in preparing staple foods (e.g., rice, grains, legumes, flatbreads) using traditional and standardized yield techniques. 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques. 8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques. 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques. **Area of Study: 9.0 Food Science, Dietetics, and Nutrition** 9.3.5 Analyze recipe/formula proportions and modifications for food production. 9.3.6 Critique the selection of foods to promote a healthy lifestyle. 9.5.3 Prepare food for presentation and assessment. 9.5.6 Conduct sensory evaluations of food products. 9.7.7 Analyze the impact of food presentation methods and techniques on nutrient value, safety and sanitation, and consumer appeal of food and products. **Area of Study: 14.0 Nutrition and Wellness** 14.1.2 Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices. 14.1.4 Analyze the effects of global, regional, and local events and conditions on food choices and practices.
Essential Question(s):	● How do staple foods influence daily meals worldwide? ● What makes a dish “iconic” to a culture or region? ● How do culture, history, geography, and climate influence what people eat around the world? ● In what ways does food reflect cultural identity, values, and traditions? ● How can culinary skills, teamwork, and problem-solving be applied to create culturally respectful global dishes?

	● How do foundational preparation techniques such as knife skills, heat control, and cooking methods differ across cultures, and how do they impact the final flavor and texture of global dishes? ● In what ways do unique global kitchen tools and equipment, both traditional and modern, shape how ingredients are transformed and prepared? ● How does a cook select, adapt, and safely apply technical skills to execute authentic or adapted regional cooking styles in a standard kitchen environment?
Enduring Understanding(s):	● Regional geography, soil, and climate determine indigenous flora and fauna, establishing the foundational staple ingredients that define a culture's traditional diet and daily meal patterns. ● Culinary traditions and "iconic" dishes reflect a group's history, values, religious beliefs, trade routes, and social structures, serving as a dynamic expression of cultural heritage. ● Diverse cultural approaches to knife skills, heat management, and specialized traditional or modern equipment directly transform raw ingredients into distinct textures, flavor profiles, and culinary styles. ● Local nutritional availability and food choices are shaped by a complex interplay between regional environmental boundaries, historical trade, and contemporary global supply chains. ● Foundational mastery of food safety, sanitation, technical execution, and problem-solving is required to safely translate global recipes into a standard kitchen environment. ● Effective teamwork, communication, and adaptability are essential professional skills necessary to execute complex global dishes efficiently in dynamic lab and industry settings.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● major global staple ingredients and their origins. ● examples of iconic global dishes and their cultural significance. ● how the environment influences agricultural production. ● basic preparation methods for global staples. ● common staple foods and iconic dishes from a variety of global regions. ● cultural expectations for daily meals. ● the historical development, materials, and mechanical principles of unique global kitchen tools

	● basic nutritional considerations in available ingredients. ● time-management strategies used in meal preparation. **Skills:** (Students will be able to…) ● identify staple foods and iconic dishes from various regions. ● prepare dishes using staple ingredients. ● compare regional variations of iconic dishes. ● apply basic culinary techniques accurately and safely. ● prepare culturally representative staple and iconic dishes. ● conduct sensory evaluations of the iconic dishes created. ● manage time effectively during labs. ● collaborate efficiently within kitchen teams.

Unit Number and Title:	**Unit 3:** The Future of Global Foods: Fusion, Trends, and Innovations
Duration:	~8 weeks
Resource(s):	Standard and specialized kitchen equipment and tools
Unit Overview:	In an increasingly interconnected world, culinary borders are shifting faster than ever. In this culminating unit, students explore globalization and culinary fusion while emphasizing cultural respect and creativity. Students will explore potential career choices in the industry through a global lens. Through hands-on flavor pairing labs, sensory analysis, and menu design, students will learn the science and art of flavor mashups (such as Tex-Mex, French-Vietnamese, and Korean-Mexican concepts). Students apply knowledge and skills from previous units to design and prepare an original fusion dish. Students will also seek opportunities to explore current trends and innovations in the field. Lastly, students will share their creations with their school community.
Learning Goals	
Standard(s):	**Area of Study 1.0 Career, Community & Family Connections** 1.2.1 Analyze potential career choices to determine the knowledge, skills, attitudes, and opportunities associated with each career. 1.2.4 Demonstrate teamwork skills in school, community and workplace settings and with diverse populations. 1.2.8 Demonstrate employability skills, work ethics, and professionalism. **Area of Study 2.0 Consumer & Family Resources** 2.1.1 Apply time management, organizational, and process skills to prioritize tasks and achieve goals. **Area of Study 3.0 Consumer Services** 3.1 Analyze career paths within consumer service industries. 3.1.4 Analyze the effects of the consumer service industry on local, state, national, and global economies. 3.5.2 Design or analyze a consumer product.

	3.5.6 Evaluate the labeling, packaging, and support materials of consumer goods. **Area of Study: 8.0 Food Production and Services** 8.2.6: Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods. 8.2.5: Practice standard personal hygiene and wellness procedures. 8.2.7: Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups. 8.3.6: Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving. 8.4.2: Apply menu-planning principles to develop and modify menus. 8.4.4: Develop a variety of menu layouts, themes, and design styles. 8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies. 8.5.3: Demonstrate skill in preparing staple foods (e.g., rice, grains, legumes, flatbreads) using traditional and standardized yield techniques. 8.5.5: Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques. 8.5.6: Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques. 8.5.7: Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques. 8.6.2 Practice inventory procedures including first in/first out concept, date marking, and specific record keeping.
Essential Question(s):	● How do culture, history, geography, and climate influence what people eat around the world? ● In what ways does food reflect cultural identity, values, and traditions? ● How can culinary skills, teamwork, and problem-solving be applied to create culturally respectful global dishes?

	● How do individual career paths in the consumer service industry collectively shape local, national, and global economies? ● How do foundational preparation techniques such as knife skills, heat control, and cooking methods differ across cultures, and how do they impact the final flavor and texture of global dishes? ● How do cooks adapt traditional preparation techniques to fast-paced, space-constrained cooking environments like food trucks or street carts? ● In what ways do unique global kitchen tools and equipment, both traditional and modern, shape how ingredients are transformed and prepared?
Enduring Understanding(s):	● Culinary traditions and "iconic" dishes reflect a group's history, values, religious beliefs, trade routes, and social structures, serving as a dynamic expression of cultural heritage. ● Diverse cultural approaches to knife skills, heat management, and specialized traditional or modern equipment directly transform raw ingredients into distinct textures, flavor profiles, and culinary styles. ● Local nutritional availability and food choices are shaped by a complex interplay between regional environmental boundaries, historical trade, and contemporary global supply chains. ● Cooks continuously adapt traditional preparation methods to fit resource constraints such as time, space, or available tools in various environments. Innovation can be explored by blending cultures through contemporary fusion. ● Foundational mastery of food safety, sanitation, technical execution, and problem-solving is required to safely translate global recipes into a standard kitchen environment. ● Effective teamwork, communication, and adaptability are essential professional skills necessary to execute complex global dishes efficiently in dynamic lab and industry settings. ● Individual career pathways within the hospitality, culinary, and consumer services sectors drive local development and contribute significantly to national and global economies.
Learning Goal(s): *Students will know and will be able to use their learning to:*	**Content:** (Students will know…) ● how historical trade, migration, and contemporary global food systems drive culinary fusion, giving rise to modern trends and cross-cultural dishes.

(Content/ Skills)	● how the sensory impact of combining non-traditional ingredients and aromatic compounds contributes to balanced flavor profiles. ● how workspace constraints, batch prep (mise en place), rapid heat sources, and specialized equipment impact heat transfer, timing, dish execution, and flavor profiles. ● how modern innovations in the global food sector are driving the diversity of career pathways within consumer services, food innovation, and hospitality in an interconnected economy. **Skills:** (Students will be able to…) ● conduct sensory analysis and flavor-pairing experiments to evaluate how contrasting regional ingredients and techniques harmonize in a single dish. ● execute foundational knife cuts, quick-marination techniques, and precision heat-control methods using traditional or modern tools (e.g., wok-tossing, dough-folding, or skewer grilling) to achieve targeted textures and flavor profiles. ● apply culinary math, menu design principles, and cultural literacy to develop a cohesive recipe and concept for an original global fusion dish. ● articulate the cultural narrative, culinary techniques, and flavor rationale behind their fusion creation when sharing and presenting to the school community.