Regional American 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:	Regional American Foods		
Prerequisite(s):	Introduction to Culinary Arts		
Course Description: *Program of Studies*	Take a culinary road trip across the United States. You will explore how food tells a story of our country, from regional traditions to the latest food trends. Along the way you will try out new cooking techniques, work with friends to plan menus, and bring creations to life in the kitchen. By the end, you will have the skills and confidence to cook like a professional and taste your way through America's food culture.		
Course Essential Questions:	● What makes American cuisine unique, and how has it evolved over time? ● How do people and places shape regional food traditions? ● How does American food change as culture, technology, and consumer preferences change? ● What makes a food iconic, and what do iconic foods reveal about American culture? ● How can chefs and consumers influence the future of American food?		
Course Enduring Understandings:	● American cuisine is an evolving collection of foodways shaped by Indigenous peoples, geography, agriculture, migration, cultural exchange, and innovation. ● Regional foodways are diverse and continually evolve through cultural exchange and changing communities. ● Food tells stories and can communicate the history, culture, identity, values, and experiences of a community.		

	• Iconic foods tell stories about industrialization, convenience, immigration, and popular culture in America. • Understanding the cultural context of food and mastering appropriate culinary techniques allows us to prepare and represent regional foods responsibly. • American food culture is constantly moving, shaped by shifting demographics, technology, media, and environmental needs. • Innovation: Contemporary chefs must balance culinary tradition and flavor with sustainability, economic realities, and health-conscious consumer demands. • Geography, climate, agriculture, natural resources, and regional economies influence ingredients, cooking methods, and food traditions.	
Duration: **Credit:**	☑ Semester ☐ Full-Year	☑ 0.5 Credit(s) ☐ 1.0 Credit(s) ☐ 1.5 Credit(s) ☐ N/A
Course Materials/Resources:	Equipment to support current industry trends involving modern and regional cooking equipment.	
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**: The American Table: Foundations of American Foodways (~2 weeks) **Unit 2:** Place Matters: Regional American Foodways (~14 weeks) **Unit 3**: The Future of American Food: Icons, Trends, Innovation (~4 weeks)	

Unit Number and Title:	**Unit 1:** The American Table: Foundations of American Foodways
Duration:	~2 weeks
Resource(s):	Equipment to support current industry trends involving modern and regional cooking equipment
Unit Overview:	Students explore the foundations of American cuisine by examining Indigenous food systems, including Native ingredients, seasonal foodways, the Three Sisters, and traditional preservation techniques. They learn how colonization, trade, and the movement of different cultural groups introduced new ingredients, animals, and cooking styles that reshaped how Americans eat. Hands-on cooking labs bring these lessons to life, helping students see how every dish carries its own history and cultural story.
Learning Goals	
Standard(s):	**Area of Study 1.0 Career, Community and Family Connections** 1.2.3 Apply communication skills in school, community and workplace settings and with diverse populations. 1.2.4 Demonstrate teamwork skills in school, community and workplace settings and with diverse populations. **Area of Study 8.0 Food Production and Services** 8.2 Demonstrate food safety and sanitation procedures. 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements. 8.3.2 Maintain tools and equipment following safety procedures and OSHA requirements. 8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements. 8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs. 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.

	8.5.7 Prepare fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe and professional techniques. **Area of Study 9.0 Food Science, Dietetics, and Nutrition** 9.3.4 Assess the influence of cultural, socioeconomic and psychological factors on food and nutrition and behavior.
Essential Question(s):	● What makes American cuisine unique, and how has it evolved over time? ● How does American food change as culture, technology, and consumer preferences change?
Enduring Understanding(s):	● American cuisine is an evolving collection of foodways shaped by Indigenous peoples, geography, agriculture, migration, cultural exchange, and innovation. ● Regional foodways are diverse and continually evolve through cultural exchange and changing communities. ● Food tells stories and can communicate the history, culture, identity, values, and experiences of a community. ● Understanding the cultural and historical context of a food is essential to preparing and representing it respectfully.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● foodways and distinguish foodways from individual recipes or dishes. ● significant Indigenous foodways and agricultural systems in North America. ● the importance of the Three Sisters. ● ingredients native to the Americas and their significance. ● the basic impact of the Columbian Exchange on food and agriculture. ● major contributions of African and European foodways to American cuisine. ● how migration, forced migration, and cultural exchange influence food traditions. ● connections among food, land, agriculture, history, culture, and identity. ● why cultural and historical context matters when studying food.

	Skills: (Students will be able to…) ● demonstrate safe and sanitary food preparation. ● demonstrate proper knife skills and equipment use. ● accurately measure and follow recipes. ● apply basic cooking methods including roasting, simmering, sautéing, and baking. ● prepare foundational foods using ingredients such as corn, beans, squash, grains, vegetables, and rice. ● research the history and cultural significance of an ingredient or food. ● communicate information about food traditions respectfully. ● connect a culinary technique or ingredient to its cultural and historical context. ● reflect on how a prepared food represents a particular foodway.

Unit Number and Title:	**Unit 2:** Place Matters: Regional American Foodways
Duration:	~14 weeks
Resource(s):	Equipment to support current industry trends involving modern and regional cooking equipment.
Unit Overview:	Students explore how geography, climate, local agriculture, and diverse cultures shape regional American cooking. They discover how a place's environment and history influence what people harvest, prepare, and eat. Through culinary projects, students take ownership of selecting recipes, ingredients, and presentation styles that reflect the distinct identity of each region.
Learning Goals	
Standard(s):	**Area of Study 8.0 Food Production and Services** 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups. 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements. 8.4.3 Analyze food, equipment, and supplies needed for menu production. 8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning. 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 knowledge of portion control and proper scaling and measurement techniques 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods. 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.

	8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques. 8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques. 8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques. **Area of Study 9.0 Food Science, Dietetics, and Nutrition** 9.3.4 Assess the influence of cultural, socioeconomic and psychological factors on food and nutrition and behavior.
Essential Question(s):	How do people and places shape regional food traditions?
Enduring Understanding(s):	• Regional foodways are diverse and continually evolve through cultural exchange and changing communities. • Geography, climate, agriculture, natural resources, and regional economies influence ingredients, cooking methods, and food traditions.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) • how geography, climate, agriculture, natural resources, and regional economies influence American foodways. • how migration, immigration, and cultural exchange have contributed to the development of regional food traditions. • the major characteristics, ingredients, and culinary traditions associated with different geographical regions. • how the availability and seasonality of ingredients influence regional cooking and preservation practices. • how cooking methods and culinary techniques develop in response to place, ingredients, resources, and cultural traditions.

	● how food traditions within a region can vary based on geography, history, and the communities that live there. ● the culinary characteristics and techniques associated with representative foods from each major region. **Skills:** (Students will be able to…) ● analyze how a place influences what and how people eat. ● compare and contrast the foodways of different geographical regions. ● research and explain the historical and cultural significance of a regional food or culinary tradition. ● select recipes, ingredients and cooking methods that are appropriate to a particular regional foodway. ● prepare representative regional foods using appropriate culinary techniques. ● demonstrate safe and sanitary preparation of a variety of regional ingredients, including seafood, meats, poultry, grains, legumes, fruits, vegetables, and dairy products. ● apply foundational and intermediate culinary techniques to regional dishes. ● adapt recipes while maintaining the important characteristics of a regional food tradition. ● use measurement, recipe scaling, portion control, and food-costing skills in culinary production. ● evaluate regional foods using sensory characteristics such as appearance, aroma, flavor, texture, and mouthfeel. ● develop a regional menu that demonstrates an understanding of place, culture, ingredients, and culinary traditions. ● explain how their culinary choices communicate the story and sense of place behind a dish. ● work collaboratively to plan, prepare, evaluate, and present regional foods. ● demonstrate increasing independence and professionalism in the culinary laboratory.

Unit Number and Title:	**Unit 3:** The Future of American Food: Icons, Trends, Innovation
Duration:	~4-5 weeks
Resource(s):	Equipment to support current industry trends involving modern and regional cooking equipment.
Unit Overview:	Students explore how American food culture evolves in response to culture, technology, media, environmental concerns, and consumer preferences. They examine the history and evolution of iconic American foods and investigate current food trends such as plant-forward cooking, local food systems, sustainability, alternative proteins, and food waste reduction. Through hands-on labs, students apply culinary techniques and innovation to develop and present food products that reflect the changing American table.
Learning Goals	
Standard(s):	**Area of Study 8.0 Food Production and Services** 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups. 8.3.1 Operate tools and equipment following safety procedures and OSHA requirements. 8.4.3 Analyze food, equipment, and supplies needed for menu production. 8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning. 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. 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods. 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. 8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques. 8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques. 8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques. 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor **Area of Study 9.0 Food Science, Dietetics, and Nutrition** 9.3.4 Assess the influence of cultural, socioeconomic and psychological factors on food and nutrition and behavior. 9.5.6 Conduct sensory evaluations of food products.
Essential Question(s):	• How does American food change as culture, technology, and consumer preferences change? • What makes a food iconic, and what do iconic foods reveal about American culture? • How can chefs and consumers influence the future of American food?
Enduring Understanding(s):	• American food culture is constantly moving, shaped by shifting demographics, technology, media, and environmental needs. • Iconic foods tell stories about industrialization, convenience, immigration, and popular culture in America. • Innovation: Contemporary chefs must balance culinary tradition and flavor with sustainability, economic realities, and health-conscious consumer demands.
Learning Goal(s): *Students will know and will be able to use their learning to:*	**Content:** (Students will know…) • iconic foods. The criteria that make a food culturally significant, their historical origins, and how they evolve over time.

(Content/ Skills)	● cultural and media drivers. How restaurants, marketing, social media, globalization, and technology shape American consumer behavior and food trends. ● modern and sustainable food systems. Key emerging trends, including local food systems, plant-forward cooking, alternative proteins, food waste reduction, and seasonal eating. ● culinary innovation. How culinary professionals balance tradition, culture, sustainability, and consumer demand. **Skills:** (Students will be able to…) ● research and analyze the history of an iconic food, compare historical versions to modern variations, and evaluate emerging trends through cultural, economic, and environmental lenses. ● apply culinary and plating techniques to technical food preparation, professional plating, and conduct sensory evaluations to refine products. ● collaborate and innovate to conceptualize, test, and present an original food product that reflects current or emerging food trends.