

# FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT



## Culinary 1

<b>Board Approval Date: December 16, 2021</b>	<b>Course Length: 2 Semesters</b>
<b>Grading: A-F</b>	<b>Credits: 5 Credits per Semester</b>
<b>Proposed Grade Level(s): 10, 11, 12</b>	<b>Subject Area: Elective Elective Area (if applicable): Career Technical Education</b>
<b>Prerequisite(s): None</b>	<b>Corequisite(s): None</b>
<b>CTE Sector/Pathway: Hospitality, Tourism and Recreation / Food Service and Hospitality</b>	
<b>Intent to Pursue 'A-G' College Prep Status: Yes</b>	
<b>A-G Course Identifier: (g) College-preparatory elective</b>	
<b>Graduation Requirement: No</b>	
<b>Course Intent: Site Specific Program (if applicable): CTE</b>	
<p>The Folsom Cordova Unified School District prohibits discrimination, intimidation, harassment (including sexual harassment) or bullying based on a person's actual or perceived ancestry, color, disability, race or ethnicity, religion, gender, gender identity or gender expression, immigration status, national origin, sex, sexual orientation, or association with a person or group with one or more of these actual or perceived characteristics. For concerns/questions or complaints, contact the <b>Title IX Coordinator(s) and Equity Compliance Officer: Jim Huber, Ed. D., <a href="mailto:jhuber@fcusd.org">jhuber@fcusd.org</a> (grades 6-12), 1965 Birkmont Drive, Rancho Cordova, CA 95742, 916-294-9000 ext.104625</b></p>	

### **COURSE DESCRIPTION:**

The course is a hands-on entry level culinary course that introduces students to a semi-professional kitchen. Culinary Arts is designed to prepare students to be ready to embark on a career in food service, but students will find that the skills they learned in this course will be used to prepare foods at home. Students will learn food safety and sanitation, various cooking techniques, knife skills and prepare a variety of common recipes with many cooking skills needed at work and in the home. The students will be introduced to the National Career Technical Student Organization; Family Career Community Leaders of America (FCCLA) where they will have the opportunity to explore career, leadership opportunities as well as competitions at the local, regional and state levels.

## **DETAILED UNITS OF INSTRUCTION:**

<b>Unit Number/Title</b>	<b>Unit Essential Questions</b>	<b>Examples of Formative Assessments</b>	<b>Examples of Summative Assessment</b>
<b>1. Introduction, Expectations and Safety</b>	What is Culinary Arts? What will you be learning in class? What are classroom safety practices to ensure food preparation is safe? What are the basic cooking tools? How are the tools used and stored? How do you read a recipe and figure out the equipment to prepare foods?	*View and take notes of TEDx Talk- The Power of Home Cooking *Analyze course expectations Tour kitchen and culinary workstations *Review of tools used in the kitchen *Research the Food Handler Card requirements *Review recipes and understand the terms and tools needed	*Written reflection of a food memory *Completion of all on-line units, assessments and final exam for Food Handler Card *Tool Identification exam *Create a food product following a detailed recipe
<b>2. Leadership through FCCLA</b>	What is Family Consumer Science (FCS)? What is FCCLA (Family Career & Community Leaders of America)? What are California STAR events? What is the Planning Process? What are the National FCCLA Programs?	*Complete FCCLA introductory video *Participate in a FCCLA WebQuest *Research California FCCLA and FCCLA STAR events and themes *Research and Planning *Process samples *Investigate FCCLA State and National programs	*Complete the Planning Process documentation for a group Community Service project *Groups propose and select a chapter project Individuals or groups sign up for STAR events in November and compete at the regional conference and possibly advance to the state level competition
<b>3. The Importance of Foods and Nutrition</b>	What are the main nutrients our bodies need to be healthy? How do nutrients impact our bodies? What foods provide the most nutrients? What are the proper serving and portion sizes for a nutritious diet? How is food digested? What does exercise have to do with a healthy lifestyle? What is a healthy recipe	*Access My Plate website and review information Journal and chart personal meals consumed for a week and calculate the calorie consumption *Review Eat This, Not That! website and watch videos View digestion videos, chart observations and complete worksheets	*Project: Analyze input from journal and charts from personal meals consumed and exercise for a week's time *Calculate the calorie consumption by nutrients (carbohydrates, fats and proteins) and make recommendations for improvements *Create five different recipes and prepare food from various food groups

	and what modifications can you make to make it healthy?		
<b>4. Cooking Methods</b>	<p>What are the basic cooking methods and skills needed in a commercial or home kitchen?</p> <p>How do you prepare food using dry heat, moist heat and a combination in cooking?</p> <p>What are the proper technical skills used with knife cuts?</p> <p>What are the proper cooking methods to prepare: eggs, meat, vegetables, sauces, baking, herbs and spices?</p>	<p>*Practice knife cuts on various fruits and vegetables</p> <p>*View a variety of cooking show/YouTube examples of how to and how not to do cooking skills</p> <p>*Make variety of egg dishes and meats while integrating an herb sauce</p> <p>*Make the five Mother Sauces: Tomato (tomato and roux), Béchamel (flour, milk and butter), Hollandaise (butter and egg yolk), Espagnole (brown with roux and Velouté (white stock and roux)</p>	<p>*Participate in the FCCLA Knife Skill Star event.</p> <p>*Prepare various recipes with uniform cuts for even cooking</p> <p>*Successful completion of laboratory recipes</p> <p>*Catering of events at school or in the community</p> <p>*Home cooking assignment and family's response to meal</p> <p>*Participate in FCCLA's Star Event Culinary Arts</p>
<b>5. Food Culture and Etiquette Culinary Exploration</b>	<p>What do people in other countries eat and how is the food prepared?</p> <p>What are the polite and proper ways to eat various foods on various occasions?</p> <p>What are the various ways to set a table as well as appropriate manners when eating?</p>	<p>*Research their heritage country or one in which they want to visit</p> <p>*Explore/Discover how they prepare variety of meal and the traditions and costumes of the country</p>	<p>*Groups prepare a meal from different countries and prepare a presentation about country and its culinary customs</p> <p>*Participation in FCCLA Star events: Salad preparation, culinary display, menu planning and table display</p>
<b>6. Careers in Culinary</b>	<p>What are entry level jobs you qualify for with a Food Handler's Card industry certificate?</p> <p>What do you need to get a job?</p> <p>What are the career opportunities in the Culinary world of work?</p>	<p>*Research job opportunities and various career ladders of companies they may want to work for in the future</p> <p>*Create a resume, cover letter, ask for letter of recommendation from a teacher or trusted adult</p> <p>*Chef and industry guest speakers</p>	<p>*Mock interview project</p> <p>*FCCLA Job Interview Star event</p>

## **ESSENTIAL STANDARDS:**

B1.0 Demonstrate an understanding of major aspects of the food service and hospitality industry and the role of the industry in local, state, national, and global economies.

B2.0 Demonstrate the basics of safe work habits, security, and emergency procedures required in food service and hospitality establishments.

B3.0 Interpret the basic principles of sanitation and safe food handling.

B4.0 Analyze the basics of food service and hospitality management.

B5.0 Demonstrate an understanding of the basics of systems operations and the importance of maintaining facilities, equipment, tools, and supplies.

B6.0 Illustrate and apply the basics of food preparation and safety and sanitation in professional and institutional kitchens.

B10.0 Demonstrate and apply basic nutritional concepts in meal planning and food preparation.

## **RELEVANT STANDARDS AND FRAMEWORKS, CONTENT/PROGRAM SPECIFIC STANDARDS:**

### **Link to Common Core Standards (if applicable):**

Educational standards describe what students should know and be able to do in each subject in each grade. In California, the State Board of Education decides on the standards for all students, from kindergarten through high school.

<https://www.cde.ca.gov/be/st/ss/documents/finaelaccssstandards.pdf>

### **Link to Framework (if applicable):**

Curriculum frameworks provide guidance for implementing the content standards adopted by the State Board of Education (SBE). Frameworks are developed by the Instructional Quality Commission, formerly known as the Curriculum Development and Supplemental Materials Commission, which also reviews and recommends textbooks and other instructional materials to be adopted by the SBE.

### **Link to Subject Area Content Standards (if applicable):**

Content standards were designed to encourage the highest achievement of every student, by defining the knowledge, concepts, and skills that students should acquire at each grade level.

<https://www.cde.ca.gov/ci/ct/sf/documents/ctescrpflyer.pdf>

<https://www.cde.ca.gov/ci/ct/sf/documents/hosptourrec.pdf>

### **Link to Program Content Area Standards (if applicable):**

Program Content Area Standards apply to programs such as International Baccalaureate, Advanced Placement, Career and Technical Education, etc.

<https://www.cde.ca.gov/ci/ct/sf/documents/hosptourrec.pdf>

## **TEXTBOOKS AND RESOURCE MATERIALS:**

### **Textbooks**

<b>Board Approved</b>	<b>Pilot Completion Date (If applicable)</b>	<b>Textbook Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Edition</b>	<b>Date</b>
<i>No</i>		<i>Foundations of Restaurant Management &amp; Culinary Arts - Level 1</i>	National Restaurant Association	National Restaurant Association	Second	<i>1/1/2018</i>

### **Other Resource Materials**

FCCLA Leadership Materials

### **Supplemental Materials**

Board approved supplemental materials (Including but not limited to: Film Clips, Digital Resources, Supplemental texts, DVDs, Programs (Pebble Creek, DBQ, etc.):

N/A