

Glendale Unified School District

Middle School

May 1, 2018

Department: Career Technical Education

Course Title: Intro to Culinary (Formerly Foods 7/8)

Course Code: 5236GV7/5236GV8

Grade Level(s): 7-8

School(s)  
Course Offered: Wilson, Rosemont, Toll, Roosevelt

UC/CSU Approved  
(Y/N, Subject): N/A

Course Credits: 5

Recommended  
Prerequisite: Exploratory Family Consumer Sciences

Recommended  
Textbook: Food, Nutrition, & Wellness (1st Edition) McGraw-Hill Education ISBN-13: 978-0078806636

Course Overview: Intro to Culinary is an exploratory course for students interested in the Food Service and Hospitality Pathway. Students explore the world of nutrition, food science and culinary arts. They learn basic cooking skills, food/kitchen safety, table manners/etiquette, as well as creating healthy meals for their growing bodies, learning about nutrients, food groups and implementing the US dietary guidelines. Other valuable skills include time management, team management, reflecting on their cooking labs, proper table setting, following directions, critical thinking skills and problem solving skills.

## Course Content

### Unit 1: Wellness

(2 weeks)

#### STANDARDS

Hospitality Recreation and Tourism

Anchor Standard 5.4, 10.5, 10.10

A. Food Science, Dietetics, and Nutrition

Standard A.4.1, A.5.1, A.5.2, A.5.3, A.5.4, A.10.2

CCSS LS 1.A, LS 1.B, SEP 2

- A. Students will explore the major influences on their food choices and how to make healthy food choices. They will know how the tongue and digestion work. Students will understand the four aspects of wellness (social, emotional, mental and physical) and identify ways to lead a healthy lifestyle by managing stress in a positive manner.
- B. Students will create wellness goals for the semester focusing on improving their physical, social, emotional and mental health.

### Unit 2: Food & Kitchen Safety

(2 weeks)

#### STANDARDS

Hospitality Recreation and Tourism

Anchor Standard 5.4, 10.5, 10.10

A. Food Science, Dietetics, and Nutrition

Standard A.4.1, A.5.1, A.5.2, A.5.3, A.5.4, A.10.2

CCSS LS 1.A, LS 1.B, SEP 2

- A. Students will be able to identify and use methods that prevent food-borne illness. The types of food-borne illness, their symptoms and common sources of contamination will be explained. Cross-contamination, the temperature Danger Zone and the correct way to thaw food will also be explored. Students will also be able to identify proper refrigeration storage to avoid cross-contamination. Students will identify common kitchen hazards and accidents. They will know how to prevent cuts, falls, burns, shocks and poisoning.
- B. Students will complete food and kitchen safety training and pass a safety test with an 80% and above.

### Unit 3: Skills for Cooking

(8 weeks)

#### STANDARDS

Hospitality Recreation and Tourism

Anchor Standard 5.4, 10.5, 10.10

A. Food Science, Dietetics, and Nutrition

Standard A.4.1, A.5.1, A.5.2, A.5.3, A.5.4, A.10.2

CCSS LS 1.A, LS 1.B, SEP 2

- A. During labs students will demonstrate kitchen safety procedures and sanitation techniques as well as be able to identify health and hygiene requirements for food handling. Basic food preparation skills (measuring, cutting, combining, preparing, cooking) are taught through lecture and labs. Commonly accepted food customs and table setting are demonstrated and taught. Students will learn how to follow simple recipes and use proper measuring techniques.
- B. Students will work in groups to prepare and serve a meal using correct food preparation, nutrition, food safety and etiquette for the class. They will reflect and evaluate their cooking after each cooking lab. Specific cooking techniques and appropriate ways the food will be served to students are also taught. Students will identify the sources and functions of the six major nutrients and apply appropriate food preparation techniques. They will actively participate in the preparation of food from scratch and apply appropriate food preparation techniques to preserve nutrients.

Unit 4: **Nutrition and Health**

(8 weeks)

STANDARDS

Hospitality Recreation and Tourism

Anchor Standard 5.4, 10.5, 10.10

A. Food Science, Dietetics, and Nutrition

Standard A.4.1, A.5.1, A.5.2, A.5.3, A.5.4, A.10.2

CCSS LS 1.A, LS 1.B, SEP 2

- A. Students will gain an understanding of the role nutrients play in the body as well as in the food they eat. The first part of this unit will cover the functions and sources of major nutrients, as well as their relationship to good health. Students will understand what nutrients are in the foods they prepare as well as evaluating and drawing conclusions for their own nutritional needs using [www.choosemyplate.gov](http://www.choosemyplate.gov) website. Students investigate and report on the role of the nutrients in the body including toxicity, deficiency, sources and functions. In the second part, student will learn about their daily nutrition needs through USDA ([choosemyplate.gov](http://choosemyplate.gov)), consideration of age, gender and physical activity and comparisons with the average needs for each food group.
- B. Students will learn how to apply multiple nutritional theories to a real world problem by altering a recipe to make it healthier.

Additional Recommended Materials - *(Must be approved by Board of Education.)*