



## Course Outcome Summary

### Course Information: **Foods 3 - Advanced Creative Foods**

**Description:** This class is a continuation of Creative Foods. The career oriented class looks at what role you can play in the foodservice industry. This course is designed to expand the knowledge and techniques you would use in the foodservice industry. Students will work at mastering additional food production skills. Areas of study will include: yeast breads, candy, cake decoration, pastries, pies, tarts, deep fried foods, and cultural food research. Students have the opportunity to explore FCCLA - Family, Career, and Community Leaders of America - and gain a better understanding of the organization and how they can be involved. There is a lab fee of \$15

**Instruction Level:** 10-12

**Total Credits:** 1

**Prerequisites:** Intro to Foods and Creative Foods

**Textbooks:** Guide to Good Food and Exploring Professional Cooking

### Course Standards:

#### Common Career and Technical Core Standards:

- Communicate and collaborate with others to accomplish tasks and develop solutions to problems and opportunities.
- Identify and apply employability skills.
- Assess benefits and challenges of working in diverse settings and on diverse teams.
- Apply leadership skills in real-world, family, community and business and industry applications.

#### Family and Consumer Sciences Standards:

- Identify characteristics of major food borne pathogens, their role in causing illnesses, foods, involved in outbreaks and methods of prevention
- Demonstrate safe food handling and preparations techniques that prevent cross contamination from potentially hazardous foods, between raw and ready to eat foods and between animal and fish sources and other food products
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Demonstrate professional skills 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
- Demonstrate professional plating, garnishing and food presentation techniques

- Prepare various salads, dressings, marinades and spices using safe handling and professional preparation techniques
- Demonstrate professional skills in safe handling of knives, tools and equipment
- Prepare various meats, seafood, using safe handling and professional preparation techniques
- Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of variety of foods

### **College and Career Readiness Standards:**

- Order fractions
  - Working with measurement fractions, adding, multiplying and dividing.
- Recognize equivalent fractions and fractions in lowest terms
  - Working with measurement fractions, adding, multiplying and dividing.
- Locate important details in somewhat challenging passages
- Identify a clear central idea or theme in somewhat challenging passages or their paragraphs
- Show clear understanding of the persuasive purpose of the task by taking a position on the issue in the prompt and offering some context for discussion
- Provide thorough development in support of ideas; extend ideas by using specific, logical reasons and illustrative examples
- Show clear movement between general and specific ideas and examples
- Select one piece of data from a simple data presentation (e.g., a simple food web diagram)

## Unit

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- 1. Safety & Sanitation, Table settings, and Napkin folding**
- 2. Meat and Poultry**
- 3. Pies and Pastries & Cakes and Cookies**
- 4. Yeast Breads & Quick Breads**
- 5. Deep Frying, Candy Making & Preservation**
- 6. Cultural Foods**

## Unit Outlines

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### **1. Safety & Sanitation, Table Settings, and Napkin Folding**

#### **Standards:**

- Identify characteristics of major food borne pathogens, their role in causing illnesses, foods, involved in outbreaks and methods of prevention

- Demonstrate safe food handling and preparations techniques that prevent cross contamination from potentially hazardous foods, between raw and ready to eat foods and between animal and fish sources and other food products
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements

**Essential Question:**

- Students will be able to answer the following question(s):
  - How will knowing proper conversions help you become a more efficient cook?
  - How will knowing how to prevent food borne illness keep you safe?

**Essential Knowledge:**

- Review on safety and sanitation
- Review on conversions of measuring cups and spoons
- How to prevent food borne illnesses
- How to set a table properly & folding napkins
  - Knowledge for working in a restaurant
- Cooking Labs (2)

**2. Meat & Poultry**

**Standards:**

- Demonstrate professional skills in safe handling of knives, tools and equipment
- Prepare various meats, seafood, using safe handling and professional preparation techniques
- Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of variety of foods
- Demonstrate safe food handling and preparations techniques that prevent cross contamination from potentially hazardous foods, between raw and ready to eat foods and between animal and fish sources and other food products
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Demonstrate professional skills 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

**Essential Question:**

- Students will be able to answer the question(s):
  - What are the different types of cut that red meats go through from whole animal to the store?
  - What are the sections that beef, sheep, and pig are separated into
  - What is the proper temperature you cook chicken to? And what does it prevent?

**Essential Knowledge:**

- Review on meat cookery
- Identifying the parts of red meats

- Placing cut of meat into the right section of the animal
- Review of poultry
- Cooking labs
  - Meat lab (1)
  - Chicken lab (2)

### 3. Pies and Pastries & Cakes and Cookies

#### Standards:

- Demonstrate safe food handling and preparations techniques that prevent cross contamination from potentially hazardous foods, between raw and ready to eat foods and between animal and fish sources and other food products
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Demonstrate professional skills 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
- Demonstrate professional skills in safe handling of knives, tools and equipment
- Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of variety of foods

#### Essential Question:

- Students will be able to answer the question(s):
  - What are the steps to making a successful pie crust?
  - What are the different strategies you use when preparing pies vs cakes
  - What are the 3 main types of cakes?
  - What are preparations techniques differed between the two cakes we prepared?

#### Essential Knowledge:

- Review on Pies and pastries
- Review on Cakes and cookies
- Cake decorating
  - Cupcake wars
  - Decorate cake pans
- Cooking labs:
  - Pies (2)
  - Cakes (2)
  - Cream puffs
  - Tarts (2)
  - Cookies (2)

### 4. Yeast Breads and Quick Breads

#### Standards:

- Demonstrate safe food handling and preparations techniques that prevent cross contamination from potentially hazardous foods, between raw and ready to eat foods and between animal and fish sources and other food products
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Demonstrate professional skills 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
- Demonstrate professional skills in safe handling of knives, tools and equipment
- Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of variety of foods

**Essential Question:**

- Students will be able to answer the question(s):
  - Why is it important to prepare yeast as directed?
  - What is the main difference between yeast and quick breads?

**Essential Knowledge:**

- Review on yeast breads
- Review on quick breads
- Experiment with Yeast
- Cooking labs:
  - Yeast breads (2)
  - Quick bread (1)

**5. Deep Frying, Candy Making, & Preservation**

**Standards:**

- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Demonstrate professional skills 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
- Demonstrate professional skills in safe handling of knives, tools and equipment
- Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of variety of foods

**Essential Question:**

- Students will be able to answer the question(s):
  - What are the various ways to preserve food?
  - What's dangerous about preserving food?
  - What is smoke point?
  - Why are candy making and deep frying potentially dangerous cooking methods?

**Essential Knowledge:**

- Review on Preservation of food

- Review on Deep frying
- Review on Candy making
- Cooking Labs:
  - Preservation (1)
  - Deep frying (4)
  - Candy making (3)

## 6. Cultural research

### Standards:

- Demonstrate safe food handling and preparations techniques that prevent cross contamination from potentially hazardous foods, between raw and ready to eat foods and between animal and fish sources and other food products
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Demonstrate professional skills 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
- Demonstrate professional plating, garnishing and food presentation techniques
- Prepare various salads, dressings, marinades and spices using safe handling and professional preparation techniques
- Demonstrate professional skills in safe handling of knives, tools and equipment
- Prepare various meats, seafood, using safe handling and professional preparation techniques
- Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating and holding of variety of foods

### Essential Question:

- Students will be able to answer the question(s):
  - How do foods of other cultures differ than the ones here in the US?
  - How have the foods from other cultures influenced foods here in the US?

### Essential Knowledge:

- Review on cultures:
  - Mediterranean
  - Asian
  - Middle Eastern
  - European
  - Latin
- Cultural research
- Cooking labs
  - Main dish (from each culture)
  - Dessert (from each culture)