

## HF792O/ Culinary Arts Fundamentals Syllabus

Course Title----- Culinary Arts Fundamentals  
Course Number----- HF792O  
Grades:----- 09-12  
High School Credit Value:----- 0.5  
Prerequisites:-----

Course Length:----- Regular courses: 17 weeks  
CR: 9-17 weeks.

Course Time:----- Regular courses: 17 week schedule: 75 - 90  
minutes per school day (6-7.5 hours per  
week)  
Credit Retrieval: 75 - 90 minutes per  
school day (6-7.5 hours per week) until  
course completion.

### { Course Description }

Students will spend the semester learning about nutrition along with some "basic training" in the kitchen. We will explore both the art and the science of cooking using the internet and projects in the student's home kitchen. The student will be learning to choose, prepare and enjoy a variety of foods. Students will learn important food safety practices and how to use kitchen tools more effectively.

#### **Course Materials:**

It is important to have internet access and a computer. Prior knowledge of cooking isn't necessary, but you will need access to a reasonably well supplied kitchen to complete the projects. Students should have a digital camera to be able to take pictures of work so that you may attach it to lessons requiring you to share your projects, or other items.

#### **State Alignments**

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

PS1 Analyze potential career choices to determine the knowledge, skills, and attitudes associated with each career.

PS2 Demonstrate leadership and teamwork skills in school, community and workplace settings.

PS3 Analyze and demonstrate conditions and practices that promote safe food handling and proper storage.

PS4 Identify, maintain and demonstrate the proper use of cooking and baking equipment.

PS5 Create, demonstrate and evaluate work plans.

PS6 Demonstrate methods for preparing various fruits and vegetables.

PS7 Describe and demonstrate how to prepare grains for consumption.

PS8 Describe, compare and demonstrate methods for preparing quick and yeast bread products.

PS9 Identify, compare and demonstrate various types of protein products and their related preparation methods.

PS10 Evaluate influences on global food choices and food preparation practices.

### **Course Outline**

Students are to follow the units offered in order. Beginning with the first lesson and completing with the last lesson in the unit. Each lesson is the building block for the one to follow it.

- Unit 1 - Intro to Foods - (1 week)
- Unit 2 - Getting to Know Your Kitchen - (1 week to complete)
- Unit 3 - Safety in the Kitchen - (1 week)
- Unit 4 - How to Read a Recipe - (1 week)
- Unit 5 - Planning and Shopping for Cooking - (1 week)
- Unit 6 - The New Food Pyramid - (1 week)
- Unit 7 - Serving Etiquette - (1 week)
- Unit 8 - Breakfast - (1 week)
- Unit 9 - Lunch - (1 week)
- Unit 10 - Snacks - (1 week)
- Unit 11 - Pasta/Rice - (1 week)
- Unit 12 - Salads - (1 week)
- Unit 13 - Dinner - (1 week)
- Unit 14 - Baking - (1 week)
- Unit 15 - Desserts - (1 week)
- Unit 16 - Final Project - (1 week)

### **Course Work**

Students earn credit for the class by following the course outline and submitting projects, activities, and assignments. It is expected students work 60 minutes daily in this course work and submit lessons throughout the week.

Students are asked to send a digital image or presentations of a project to go along with the cooking assignments.

### **Grading**

**Lesson assignments will be graded using the following criteria:**

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into completing the work.
- Accuracy of information in answers.

**Projects will be graded using the following criteria:**

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into the work.
- Accuracy of information in answers.

Work turned in must meet minimum passing requirements, if the work does not meet these requirements the work will be returned to the student to continue working on it until it meets standards.

**Occupational Credit:**

This course may qualify for \*occupational credit. Please consult your school counselor for further clarification.

\*Please note that FLA901 (Sign Language) does not qualify for occupational credit.

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