Culinary Exploratory   Course Syllabus

This course integrates the foundation principles of food and kitchen safety with the study of basic cooking techniques. Students will study the practical aspects of cooking in a safe and organized kitchen environment. Students will learn the appropriate use of a variety of kitchen tools and equipment, interpret recipes, read and understand nutritional content, design a menu, and practice using a variety of cooking techniques. This course will provide insight into the role of students in our school restaurant, focusing on the development of culinary skills that will be further emphasized in more advanced courses in the culinary pathway. Through hands-on culinary experiences, this course will introduce students to the foundation competencies required to successfully cook in a home or professional kitchen.

Credit: .5   Elective: 9 -12

Student Learning Objectives: Through successful completion of the course, students will:
- Demonstrate understanding of the fundamentals of food safety and sanitation
- Develop a basic working knowledge of nutrition concepts
- Use common kitchen tools and equipment appropriately
- Know how to read, interpret, and modify a recipe
- Demonstrate understanding of a variety of cooking techniques through hands-on cooking experiences
- Build and develop an original menu

Student Learning Experiences: In this course, students will:
- Actively participate in hands-on culinary activities
- Participate in class and group discussions
- Be responsible to meet deadlines for completed work
- Complete class assignments and on-the-spot assessments
- Adhere to all shop safety expectations

Course Outline: In this course, students will study:
- Kitchen Safety
- Food Borne Illness and Food Safety
- Nutrition
- Intro to Kitchen Tools and Equipment
- Understanding and Interpreting a Recipe
- Knife Skills
- Menu Design
- Intro to Baking Techniques (i.e. Chemical Leavening Agents)
- Intro to Cooking Techniques (i.e. Dry, Moist, Combination Cooking Techniques)