



# Reavis High School

## Curriculum Snapshot/Cover Page for Culinary Arts



### Unit 1: Food and Kitchen Safety

# of  
Days 8

Students will be introduced to basic culinary safety practices. The students will demonstrate sanitary practices that promote food safety and kitchen cleanliness, which ultimately prevent foodborne illness. A major focus will be the importance of personal hygiene, in particular hand-washing, to prevent the spread of bacteria. They will distinguish safe from unsafe food handling practices and kitchen work habits in preparation for working in the kitchen. Furthermore, the students will identify possible dangers that can occur in the kitchen. They will also understand how to prevent accidents and safely react to emergencies that can occur in the kitchen.



### Unit 2: Getting Started in the Kitchen

# of  
Days  
15

The various pieces of equipment used for cooking will be analyzed during this unit. Both utensils and appliances will be identified and their purposes will be explored. The use and care of equipment will relate back to the previous unit on Kitchen Safety. How to measure the different types of ingredients will also be demonstrated by the teacher and then practiced by the students. The students will also investigate the format of a recipe. They will identify the different parts of a recipe to understand how they are used effectively when cooking. Moreover, students will modify the amounts of recipes by using equivalents and conversions to create new recipes. Students will reflect after each laboratory experience to evaluate themselves, their group, and their cooking skills.



### Unit 3: The Art of Cooking

# of  
Days  
12

Students will continue to apply their culinary skills while preparing their culinary creations. To build upon their knowledge of recipes, numerous culinary terms that are commonly used in recipes will be defined throughout this unit. Once the students understand the terminology they will perform these tasks during recipe creation in the kitchen. Students will demonstrate proper cutting, mixing, coating, and other specialized techniques when preparing ingredients. In addition, cooking methods will be compared and how they successfully cook foods. The students will analyze the different cooking methods, so they can better understand their nutritional differences, and learn to make healthier food choices. Students will continue to reflect as a means of self-evaluation.



## Unit 4: Baking Basics

# of  
Days  
12

Students will focus on the specific cooking method of baking. The ingredients specific to baking recipes will be identified and their purposes will be analyzed. Students will discover baking, unlike cooking, is a chemical formula and accuracy when completing tasks is needed for successful outcomes. They will problem solve solutions to scenarios of how errors can happen when baking and how they should be fixed. Also, the students will develop the skills and techniques associated with baking. They will practice decorating techniques and realize their difficulty level. Furthermore, the students will have an opportunity to explore the professional careers connected to baking.



## Unit 5: Nutrition

# of  
Days  
18

While studying Nutrition, students will analyze how healthy food choices create healthy lives. The food groups and their health benefits will be explored. They will then create a balanced diet incorporating a variety of healthy foods. Students will learn how to read a food label and examine the different parts to realize what they are eating. Students will log their food and they will reflect on their daily eating habits to determine how to improve their diets. Additional topics of study in this unit will include sugars and sodium, including their importance in a diet but why they should be limited. Students will understand how vital water is for our bodies. Moreover, health complications from an unhealthy diet will be explored.



## Unit 6: International Foods

# of  
Days  
5

The Global Foods Project will be the final project for Culinary Arts students. The purpose of this project is to inform about different cultural backgrounds and how food varieties are influenced by culture. Students will research foods from countries in the various regions of the world. They will research foods that originated in their region and investigate cooking techniques specific to their country. Then, students will choose an authentic recipe to be created using indigenous foods from their region. Application of previously learned concepts, such as measuring, using recipes, and cooking methods will be needed in order to complete their recipes. Timing and communication are major factors in the successful completion of this project. Students will present their research to their classmates and sample the dishes each group prepares.