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|  | *Fairfield Ludlowe High School - Fairfield Warde High School*Culinary 10 |
| Ms. Bien | P13 |
| Fall 2016 | Period 3 Day 2 & 4 |
| abien@fairfieldschools.org |
| COURSE DESCRIPTION |
| *1 credit Grades 9, 10, 11, 12*Prepare for an active hands-on cooking experience! Sign up for Culinary Arts 10 and gain healthyeating habits that you will use for the rest of your life. Learn food preparation skills for appetizers, maincourses and desserts, as well as creative ways to incorporate fresh, locally grown fruits and vegetablesand natural cooking methods into daily life. Join us for a cooking adventure. |
| COURSE OBJECTIVES |
| Students will be able to:* read a recipe, understand recipe vocabulary, and execute a recipe
* utilize culinary skills learned over the course of the semester to create a meal from ingredients on hand
* incorporate good safety practices to help prevent kitchen accidents.
* properly clean and sanitize a kitchen workstation
* propose methods for preparing healthy foods
* select and demonstrate the safe use of appliances, small kitchen equipment, cookware, and bakeware.
* prepare a variety of quick breads.
* prepare a variety of egg dishes.
* prepare fruits and vegetables preserving their color, texture, flavor, and nutrients.
* prepare a variety of protein dishes.
* plan and prepare a variety of healthy appetizers.
* demonstrate proper techniques in the preparation of a variety of cookies.
* prepare casseroles using a variety of ingredients.
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| UNITS OF STUDY |
|   [Unit 1](#UnitI) - Getting Started [Unit 2](#UnitII) - Quick Breads [Unit 3](#UnitIII) – Eggs [Unit 4](#UnitIV) - Fruits and Vegetables [Unit 5](#UnitV) - Beef and Poultry [Unit 6](#UnitVI)  - Pastry and Appetizers  [Unit 7](#UnitVII) - Cookies [Unit 8](#UnitVIII) - Casseroles |
| COURSE POLICIES AND REQUIREMENTS |
| GRADING |
|  | Summative Assessments: | 70%Assessments, Projects, Written Work |
|  | Formative Assessments: | 30%Labs (behavior, group work, results), Culinary terms, tools, and techniques |
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| EXPECTATIONS OF STUDENTS* Arrive on time and prepared for class
* Hair up/held back
* Electronic devices stored
* Maintain a journal with terms and definitions
* Work with your culinary team (delegate, take on responsibilities, etc.)
* Be open to trying new things!

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| EXTRA HELP* I am at school at 7am every day and am also free during period 1 and 2 on days 1/3 and period 4 on days 2/4. If you would like to meet after school, you may do so by appointment.

MATERIALS |

* 1” 3-ring binder with loose leaf notebook paper
* Pen, pencil, sharpie
* Composition book (supplied by teacher)
* Hair ties (as necessary)
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