

Phoenix Christian Jr High School

CKG 0100 Cooking I

Course Scope & Sequence (2010)

COURSE DESCRIPTION This one semester course introduces the student to the basics of personal cooking and meal planning. The student will plan, prepare and cook various food dishes (including breads, pies, cakes, casseroles, meat dishes, vegetable dishes, and desserts), in both individual and group settings. Basic culinary techniques, hygienic cooking procedures, and family-style cooking will be highlighted. The course will include a field trip, home-cooking assignments and special events to highlight the joy of cooking for both personal and family meals.

REQUIRED TEXTS AND *KEY SUPPLEMENTAL MATERIALS

None

COURSE SCOPE AND SEQUENCE

First Semester

Kitchen Basics 3 Weeks

Key Concepts: Kitchen Safety, Knives & Cutting Basics, Measurements

Assessments: Quizzes, classwork, homework, individual projects in kitchen

Family Meal Basics 4 Weeks

Key Concepts: Soups, Mixed Casseroles, Layered Casseroles, Multit-Dish Dinners, Crock Pot Cooking

Assessments: Quizzes, classwork, homework, group cooking projects in kitchen, Home Cooking Assignments

Baking Basics 5 Weeks

Key Concepts: Muffins, brownies, prepared dough, cookie dough, sweet and savory breads, bread machine breads, appetizers

Assessments: Quizzes, classwork, homework, group cooking projects in kitchen, Home Cooking Assignments

Preparing Meats 3 Weeks

Key Concepts: Frying, grilling and baking beef, pork and chicken; meatloaf

Assessments: Quizzes, classwork, homework, group cooking projects in kitchen, Home Cooking Assignments

Desserts 3 Weeks

Key Concepts: Cookies, cheesecakes, smoothies, refrigerated pies

Assessments: Quizzes, classwork, homework, group cooking projects in kitchen, Home Cooking Assignments