

Phoenix Christian Jr High School

CKG0200 Cooking II

Course Scope & Sequence (2010)

COURSE DESCRIPTION This one semester course presents the student with opportunities to apply more advanced skills of personal cooking to the areas of nutrition and meal planning. The student will plan, prepare and cook various culinary dishes to a higher degree and with a more complex expertise, in both individual and group settings. Through recipe creation and manipulation, students will create varied culinary dishes and utilize more advanced cooking skills. Concentration on various cultures and distinct food types will further focus culinary skills. 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

Italian Cuisine 3 Weeks

Key Concepts: Introduction, Pastas/Sauces/Cheeses, Appetizers/Salads, Desserts

Assessments: Notes, homework, classwork, group cooking projects,
Home Cooking Assignments

Mexican Cuisine 3 Weeks

Key Concepts: Introduction, Main dishes, Appetizers/Salads, Desserts

Assessments: Notes, homework, classwork, group cooking projects,
Home Cooking Assignments

Chinese Cuisine 3 Weeks

Key Concepts: Introduction, Main dishes, Wok cooking, Appetizers/Salads, Desserts

Assessments: Notes, homework, classwork, group cooking projects,
Home Cooking Assignments

German Cuisine 2 Weeks

Key Concepts: Introduction, Pickling, Main dishes, Appetizers/Salads, Desserts

Assessments: Notes, homework, classwork, group cooking projects,
Home Cooking Assignments

French Cuisine 2 Weeks

Key Concepts: Introduction, Mandolin cutting, Main dishes, Appetizers/Salads,
Desserts

Assessments: Notes, homework, classwork, group cooking projects,
Home Cooking Assignments

Advanced Baking

3 Weeks

Key Concepts: Crusted fruit pies, homemade cookies, soufflés, flans, blintzes

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

Advanced Meat Preparation

2 Weeks

Key Concepts: Grilling, Crock Pot cooking

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