



New York Mills High School

Curriculum Document

Curriculum Area: Family and Consumer Sciences

Course Name: Creative Cookery (Advanced Foods)

Common Course Catalog Number: 22051

Length of Course: Semester

Pre-Requisite: Foods

Grade Level: 10-12

Course Description:

Creative Cookery is a course designed for students who like to work with food and want to learn new and interesting ways to prepare and serve meals. Topics of focus will include: convenience foods, supermarket savvy, foods from around the world, microwave cooking, putting appliances to the test, food presentation, and cooking for wellness (to name a few). Students can expect to leave this course with a base of knowledge which will allow them to create meals of interest and cook with confidence in the kitchen.

Essential Learner Outcomes (5 to 7)

- * Students will demonstrate food safety and sanitation procedures.
- *Students will apply risk management procedures to food safety, food testing, and sanitation.
- *Students will analyze career paths within the food production and food services industries.
- *Students will demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
- *Students will demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.

*Students will evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.

*Students will analyze factors that influence nutrition and wellness practices across the life span.

*Students will evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.

Units of Study:

*A review of basic concepts taught in Foods, including:

- Measuring techniques
- Recipe management
- Kitchen equipment
- Food terms
- Appliances
- Safety and sanitation

*Cooking for wellness

*Herbs & seasonings

*Global food

*Catering and preparing for large groups (event planning)

*Cake Decoration

*Iron Chef

*Food careers

*College cookbook

*Cooking Show