



CULINARY ARTS

PATHWAY: Culinary Arts

COURSE: Culinary Arts I (CAI)

UNIT: 5.1 Cooking in a Professional Kitchen – Oils, Vinegars & Herbs



INTRODUCTION

Annotation:

Students should be able to set up work station with proper equipment for daily task.
Instructor will explain the difference in types of oils, vinegars, fresh and dried herbs and how they are applied to various cooking techniques and recipes.

Grade(s):

X	9 th
X	10 th
X	11 th
X	12 th

Time:

5 90-minute class periods

Author:

Jennifer Booker, Wes Goodman, Bill Hewett

Students with Disabilities:

For students with disabilities, the instructor should refer to the student's IEP to be sure that the accommodations specified are being provided. Instructors should also familiarize themselves with the provisions of Behavior Intervention Plans that may be part of a student's IEP. Frequent consultation with a student's special education instructor will be beneficial in providing appropriate differentiation.



FOCUS STANDARDS

GPS Focus Standards: Please list the standard and elements covered.

CA-CAI-5. Students will identify and demonstrate the principles and processes of cooking in a professional kitchen.

GPS Academic Standards:

SPS7. Students will relate transformations and flow of energy within a system.

National / Local Standards / Industry / ISTE:

NFCS-8.5.2. Demonstrate a variety of cooking methods including roasting and baking, broiling, smoking, grilling, sautéing, frying, deep frying, braising, stewing, poaching, steaming, working, convection, microwaving, and other emerging technologies



UNDERSTANDINGS & GOALS

Enduring Understandings:

- Students should be able to set up work station with proper equipment for daily task. Herbs and oils are typically used on a daily basis and are an important part of flavoring foods. Students will know the difference between oils, vinegars, fresh and dried herbs and how they are applied of various cooking techniques and recipes.

Essential Questions:

- What is the importance of “mise en place” and proper knife skills in a commercial kitchen?
- What is the difference between how herbs, vinegars and oils are used in flavoring foods?

Knowledge from this Unit:

- Students will know the value of proper knife skills in a commercial kitchen.
- Students will recognize the importance of “mise en place.”

Skills from this Unit:

- Students will be able to differentiate between oils, vinegars, fresh and dried herbs.



ASSESSMENT(S)

Assessment Method Type: Select one or more of the following. Please consider the type(s) of differentiated instruction you will be using in the classroom.

- ☐ Pre-test
- ☐ Objective assessment - multiple-choice, true- false, etc.
 - ☐ Quizzes/Tests
 - ☐ Unit test
- ☐ Group project
- ☐ Individual project
- ☐ Self-assessment - May include practice quizzes, games, simulations, checklists, etc.
 - ☐ Self-check rubrics
 - ☐ Self-check during writing/planning process
 - ☐ Journal reflections on concepts, personal experiences and impact on one's life
 - ☐ Reflect on evaluations of work from teachers, business partners, and competition judges
 - ☐ Academic prompts
 - ☐ Practice quizzes/tests
- ☐ Subjective assessment/Informal observations
 - ☐ Essay tests
 - ☐ Observe students working with partners
 - ☐ Observe students role playing
- ☒ Peer-assessment
 - ☒ Peer editing & commentary of products/projects/presentations using rubrics
 - ☐ Peer editing and/or critiquing
- ☐ Dialogue and Discussion
 - ☐ Student/teacher conferences
 - ☐ Partner and small group discussions
 - ☐ Whole group discussions
 - ☐ Interaction with/feedback from community members/speakers and business partners
- ☐ Constructed Responses
 - ☐ Chart good reading/writing/listening/speaking habits
 - ☐ Application of skills to real-life situations/scenarios
- ☐ Post-test

Assessment(s) Title:

Assessment(s) Description/Directions:

Attachments for Assessment(s): Please list.



LEARNING EXPERIENCES

Instructional planning: Include lessons, activities and other learning experiences in this section with a brief description of the activities to ensure student acquisition of the knowledge and skills addressed in the standards. Complete the sequence of instruction for each lesson/task in the unit.

Sequence of Instruction

1. Identify the Standards. Standards should be posted in the classroom for each lesson.

CA-CAI-5: Students will identify and demonstrate the principles and processes of cooking in a professional kitchen.

Culinary Arts Endorsement standards 505-3-.063

2. Review Essential Questions.

- What is the importance of “mise en place” and proper knife skills in a commercial kitchen?
- What is the difference between how herbs, vinegars and oils are used in flavoring foods?

3. Identify and review the unit vocabulary.

“mise en place”

4. Assessment Activity.

Set Induction: Instructor to give students list of herbs, vinegars and oils with a brief description of each.

- Tasting/Smell-Instructor should have a wide variety of fresh herbs, vinegars and oils for students to taste and smell.
- Handout : Vinaigrettes and creamy dressing recipes

Learning Activities: Instructor will display a variety of fresh and dried herbs, vinegars and oils

1. Explain the different types of vinegars and oils, how they are made, how they are used and what areas they would come from. Students should be able to smell and taste all of them.

2. Vinegars

- Balsamic/ aged balsamic
- Red wine

- White wine
- Rice wine Vinegar
- White Vinegar
- Apple Cider
- Champagne Vinegar
- Sherry Wine Vinegar
- Flavored-such as Raspberry Vinegar

3. Oils

- Canola
- Olive oil
- Extra Virgin Olive Oil
- Vegetable Oil
- Sesame Oil
- Peanut Oil
- Cotton Seed Oil
- Grape Seed Oil

4. Fresh and Dried Herbs. Instructor should explain why dried herbs are added in the beginning of cooking and fresh herbs are usually added at the end or last minute of cooking. Types of foods specific herbs complement should be discussed as well as proper storage of herbs.

Herbs to be displayed:

- Fresh Parsley/Curly and Italian
- Fresh Basil
- Fresh Dill
- Fresh Thyme
- Fresh Rosemary
- Fresh Tarragon
- Fresh Oregano
- Fresh Chives
- Fresh Cilantro
- Fresh Mint
- The same list from above of dried herbs should be available on display

Student/teacher activity

- *Instructor to demo how to properly wash and cut each of the fresh herbs
- Put students into teams and give basic dressing /vinaigrette recipes for students to prepare using a wide variety of different oils and vinegars, Have salad greens available to dress. Show students how to properly dress salad greens and have a class tasting of different salads, dressed with the variety of dressings. Students should be able to identify different levels of sweetness, flavors and acidity.
- Additional fresh herbs should be incorporated in dressings and salads for tasting.
- Students to make infused herb oil and tarragon vinegar

Knife skills practice. Students will practice knife cuts and instructor will critique and give instruction for improvement.

- Each student to have parchment paper labeled with 11 knife cuts.
- Appropriate amount of potatoes, carrots and basil to be distributed to each student for practice.

Transfer Out: Review the importance of how vinegars, oils and herbs can be to the overall flavor of a dish and the different ways they can be used.

Instructor should stress the importance of practicing knife cuts and knife safety in the kitchen.

Attachments for Learning Experiences: Please list.

Notes & Reflections:

IMPORTANT: Students should be closely monitored for knife safety, proper cutting techniques, size of cuts and organization.



CULMINATING PERFORMANCE TASK

(Optional)

Culminating Unit Performance Task Title:

Culminating Unit Performance Task Description/Directions/Differentiated Instruction:

Attachments for Culminating Performance Task: Please list.



UNIT RESOURCES

Web Resources:

Attachment(s): Supplemental files not listed in assessment, learning experiences, and performance task.

Materials & Equipment:

Vinegars

Balsamic/ aged balsamic
Red wine
White wine
Rice wine Vinegar
White Vinegar
Apple Cider
Champagne Vinegar
Sherry Wine Vinegar
Flavored-such as Raspberry Vinegar

Oils

Canola
Olive oil
Extra Virgin Olive Oil
Vegetable Oil
Sesame Oil
Peanut Oil
Cotton Seed Oil
Grape Seed Oil

Herbs to be displayed:

Fresh Parsley/Curly and Italian
Fresh Basil
Fresh Dill
Fresh Thyme
Fresh Rosemary
Fresh Tarragon
Fresh Oregano
Fresh Chives
Fresh Cilantro
Fresh Mint

What 21st Century Technology was used in this unit:

<input type="checkbox"/>	Slide Show Software	<input type="checkbox"/>	Graphing Software	<input type="checkbox"/>	Audio File(s)
<input type="checkbox"/>	Interactive Whiteboard	<input type="checkbox"/>	Calculator	<input type="checkbox"/>	Graphic Organizer
<input type="checkbox"/>	Student Response System	<input type="checkbox"/>	Desktop Publishing	<input type="checkbox"/>	Image File(s)
<input type="checkbox"/>	Web Design Software	<input type="checkbox"/>	Blog	<input type="checkbox"/>	Video
<input type="checkbox"/>	Animation Software	<input type="checkbox"/>	Wiki	<input type="checkbox"/>	Electronic Game or Puzzle
<input type="checkbox"/>	Email	<input type="checkbox"/>	Website	<input type="checkbox"/>	Maker