



## CULINARY ARTS

**PATHWAY:** Culinary Arts

**COURSE:** Culinary Arts I (CAI)

**UNIT:** 6.1 Cooking Methods



## INTRODUCTION

---

**Annotation:**

Students will perform basic food preparations of poultry, meat, dairy, fruits, and vegetables using proper commercial kitchen equipment and techniques to examine the fundamental methods, as applied in a commercial kitchen.

**Grade(s):**

X	9 <sup>th</sup>
X	10 <sup>th</sup>
X	11 <sup>th</sup>
X	12 <sup>th</sup>

**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:**

CA-CAI-6: Students will examine and practice cooking methods, techniques, and preparations such as dry heat and moist heat methods.

### **GPS Academic Standards:**

*SC5. Students will understand that the rate at which a chemical reaction occurs can be affected by changing concentration, temperature, or pressure and the addition of a catalyst.*  
*NFCS-8.5. Demonstrate commercial preparation for all menu categories to produce a variety of food products.*

### **National / Local Standards / Industry / ISTE:**



## UNDERSTANDINGS & GOALS

---

### **Enduring Understandings:**

- Students will identify and prepare the basic cooking methods of Moist Heat Cooking, Dry Heat Cooking, Combination Cooking, and apply them to basic stocks, sauces, soups and various breakfast items.

### **Essential Questions:**

- How does basic food preparation, with the use of proper commercial kitchen equipment, techniques, and fundamental methods apply in a commercial kitchen?

**Knowledge from this Unit:** Factual information.

**Skills from this Unit:** Performance.



# 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:**

Review of Lesson: Basic food cooking methods such as dry heat, moist heat, combination cooking and compare microwave, conventional and convection oven cookery.

**Attachments for Assessment(s):** Please list.



# LEARNING EXPERIENCES

---

## Sequence of Instruction

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

CA-CAI-6: Students will examine and practice cooking methods, techniques, and preparations such as dry heat and moist heat methods.

### 2. Review Essential Questions.

How does basic food preparation, with the use of proper commercial kitchen equipment, techniques, and fundamental methods apply in a commercial kitchen?

### 3. Identify and review the unit vocabulary.

- “mise en place”

### 4. Assessment Activity.

Set Induction: The students should have access to a kitchen lab and be given the following information:

- PowerPoint Presentation
- Vocabulary List
- Recipe for Vegetable Stock

Learning Activities:

1. The Instructor will show the PowerPoint presentation identifying the various cooking methods. Students will define the following Cooking Methods, including:
  - Sauté
  - Pan Frying
  - Deep-frying
  - Baking
  - Roasting
  - Grilling
  - Broiling
  - Poaching
  - Simmering
  - Boiling

- Steaming

1. The Instructor will demonstrate how to make Vegetable Stock, demonstrating Moist Heat Cooking application.
2. Students will break into groups and make Vegetable Stock. Each group will:
  - Review Recipe
  - Mise en place
  - Product Identification
  - Practice Knife Cuts
  - Prepare Item

Closure: An evaluation of the commercial equipment and technique used to make Tomato Sauce as well as an evaluation of the finished product.

Transfer Out: Review any outstanding question about Moist Heat Cooking and how it is applied in a commercial kitchen.

**Attachments for Learning Experiences:** Please list.

### **Notes & Reflections:**

Chef's Note: this is a great opportunity to introduce one of the Mother Sauces, Tomato Sauce. This lab can be expanded by making Tomato Sauce and Semolina Pasta.



## CULMINATING PERFORMANCE TASK

---

**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:

- Projector with PowerPoint display
- Hand outs
- Practice test

### What 21st Century Technology was used in this unit:

<input checked="" 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		Maker