



# GEORGIA

PEACH STATE PATHWAYS

Career, Technical, & Agricultural Education

## CULINARY ARTS

**PATHWAY:** Culinary Arts

**COURSE:** Introduction to Culinary Arts (ICA)

**UNIT:** 7.3 Food Preparations – Moist Heat Cooking Method



## 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:** 2 hours

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### 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

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

ICA-7: 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.

**GPS Academic Standards:**

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



## UNDERSTANDINGS & GOALS

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**Enduring Understandings:**

- This lesson plan will have students identify and prepare the basic cooking methods of Moist Heat Cooking, poaching, simmering, boiling, and steaming.

**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:**

- Students will know the various methods of Moist Heat Cooking such as: poaching, simmering, boiling, and steaming.

**Skills from this Unit:**

- Students will be able to prepare foods using various methods of Moist Heat Cooking such as: poaching, simmering, boiling, and steaming.



# ASSESSMENT(S)

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**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

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**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.

ICA-7: 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.

### 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.

- Poaching
- Simmering
- Boiling
- Steaming

### 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 Poached Eggs
- Recipe for Hollandaise Sauce

Learning Activities:

1. The Instructor will show the PowerPoint presentation identifying the various cooking methods. Students will define the following **Moist Heat Cooking Methods, including:**
  - **Poaching**
  - **Simmering**

- **Boiling**
  - **Steaming**
2. The Instructor will review the different types of cooking styles that use Moist Heat Cooking such as poaching, simmering, boiling and steaming.
  3. The Instructor will demonstrate how to poach an egg showing students one of the Moist Heat cooking applications.

**Chef's Note:** *Using a small amount of vinegar or lemon juice helps to coagulate the egg white making it harder to break the yolk.*

4. Students will break into groups and practice poaching an egg without breaking the yolk. Students will:
  - **Review Recipe**
  - **Mise en place**
  - **Product Identification**
  - **Prepare Dish**

**Chef's Note:** *this is a great opportunity to introduce one of the Mother Sauces, Hollandaise. This lab can be expanded by making Eggs Benedict.*

**Closure:** Evaluate the students' finished product and technique used to poach the egg. Reiterate to students the correct technique used to poach an egg. Explain how commercial equipment is properly used during food preparation.

**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:** May include notes to the teacher, pre-requisite knowledge & skills, suggestions, etc.



# CULMINATING PERFORMANCE TASK

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(Optional)

**Culminating Unit Performance Task Title:**

**Culminating Unit Performance Task Description/Directions/Differentiated Instruction:**

**Attachments for Culminating Performance Task:** Please list.



# UNIT RESOURCES

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**Web Resources:**

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

**Materials & Equipment:**

- Projector with PowerPoint display
- Handouts and Lesson Plan for use in classroom
- 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 Maker
<input type="checkbox"/>	Email	<input type="checkbox"/>	Website		