

Course Title: *Food Techniques*

Instructor: Jean Curtis (414-453-4567 Ext.1543, 262-679-9940 (H), 262-224-9940 (C))

Textbook: Food for Today will be the classroom textbook. A variety of cookbooks and the Internet will be used.

Course Description and Purpose: This course is designed for the inexperienced cook. It will provide hands-on experiences in food preparation and techniques, an understanding of ingredients and their functions and basic nutrition to maintain health. Some of the preparations will include work with egg dishes, quick breads, cookies, meat and other foods characteristic of breakfast and lunch menus.

Course Outcomes:

At the end of the course the student will be able to:

- ☞ Display functional awareness of the new food guide pyramid and how it applies to daily food choices.
- ☞ Develop the use of good kitchen and meal management skills
- ☞ Produce food items, integrating food preparation techniques, in both a lab and a home setting
- ☞ Create meals by selecting various foods God has provided for use mainly in breakfast and lunch planning
- ☞ Incorporate cooperative work ethics into a lab group

Course Goals:

Appreciate the blessings of plentiful food, which supplies us with nutrients for living a Godly life.
Become good stewards of these blessings through basic meal preparation.
Become cooks with a working knowledge of kitchen basics who will prepare and eat a variety of foods.
Become adventuresome cooks who will prepare a variety of foods using new techniques learned in class.

Course Outline:

The Importance of Food and Its Management

- ☞ How food affects life
- ☞ Safeguarding the family's health
- ☞ Kitchen utensils
- ☞ Use of the recipe
- ☞ Making healthy food choices
- ☞ Planning meals

The Preparation of Food

- ☞ Eggs & Breakfast meats
- ☞ Microwave cooking
- ☞ Quick breads
- ☞ Desserts & Cookies
- ☞ Vegetables & Fruits
- ☞ Milk & Cheese
- ☞ Pasta
- ☞ Ground Meat

Instructional Strategies:

Lecture/board presentation	30%
Visual presentations (including demonstrations)	30%
Small group and lab work	35%
Reviews	5%

Grading:

Quarter grades are determined as follows:

Quizzes	30%
Labs	30%
Written Projects	20%
Classroom Participation	10%
Notebook	10%

Semester grades are determined as follows:

First Quarter	40%
Second Quarter	40%
Final Assessment	20%

Final Assessment:

The student will plan, prepare and serve a meal at home meeting requirements, which will reinforce what has been taught in class. (Reports, notes and other assignments given during the course of the semester will be organized and kept in a binder to be graded at the end of the semester.)