Department: Culinary
Course Title: Culinary 1
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Unit Title	Unit Length (weeks)	Dates of Unit (Month - Month)	Essential Questions	Topics to be Covered Texts Used	Skills to be Assessed	Standard Alignment	Formative Assessments	Summative Assessments
Culinary 1	10 months	September-June	More advanced Culinary skills	1. Kitchen & Food Safety Proper handwashing & hygiene Preventing foodborne illnesses Safe food handling & storage (FIFO method) Knife safety and handling Fire safety & use of kitchen equipment 2. Culinary Basics & Cooking Techniques Measuring ingredients accurately (dry vs. liquid) Reading and following recipes Cooking methods: Dry-heat (roasting, baking, grilling, sautéing) Moist-heat (boiling, steaming, poaching) Combination (braising, stewing) Knife skills (basic cuts: julienne, dice, mince, chiffonade) 3. Kitchen Tools & Equipment Identifying and using kitchen tools Operating appliances (oven, stovetop, mixers, food processors) Cleaning and maintaining equipment 4. Nutrition & Meal Planning Understanding MyPlate & balanced meals Nutrients and their functions Meal planning & budgeting Reading food labels 5. Baking & Pastry Basics Measuring and mixing techniques Quick breads vs. yeast breads Basic pastry techniques (cookies, cakes, muffins) 6. Culinary Terminology Common cooking terms (sauté, fold, whip, etc.) Abbreviations & conversions (tsp, tbsp, oz, etc.) 7. International & Cultural Cuisine (Basic Intro) Exploring global flavors & cooking styles Traditional dishes from different cultures 8. Teamwork & Time Management Working in a team kitchen setting Managing time effectively while cooking	1. Kitchen Safety & Sanitation Proper handwashing and personal hygiene Safe food handling and storage to prevent cross-contamination Knife safety (handling, carrying, and storing knives properly) Fire and burn prevention (handling hot pans, using an oven safely) Understanding foodborne illnesses and how to prevent them 2. Basic Knife Skills Proper knife grip (pinch grip for control) Basic cuts: Julienne (thin strips) Dice (small, medium, large cubes) Chiffonade (thin ribbon cuts for herbs) Mince (very fine chopping, e.g., garlic) 3. Measurement & Recipe Reading Understanding measuring tools (dry vs. liquid measuring cups, scales) Converting measurements (teaspoons to tablespoons, cups to ounces) Reading and following a recipe accurately 4. Cooking Methods & Techniques Dry-heat methods: sautéing, baking, roasting, grilling Moist-heat methods: boiling, steaming, poaching Combination cooking: braising, stewing Using kitchen appliances (oven, stovetop, microwave, blender, mixer) 5. Baking Basics Understanding ingredients (flour, sugar, leavening agents, fats) Proper mixing techniques (creaming, folding, whisking) Baking cookies, muffins, biscuits, and simple cakes 6. Kitchen Equipment & Tools Identifying and using kitchen tools (whisks, spatulas, peelers, etc.) Properly cleaning and maintaining equipment Using a thermometer to check food temperatures 7. Nutrition & Healthy Eating Understanding basic nutrition (food groups, MyPlate, macronutrients) Making healthy ingredient substitutions (e.g., using applesauce instead of oil) Portion control and balanced meal planning 8. Teamwork & Time Management Working efficiently in a group kitchen setting Communicating effectively with team members Managing cooking time to complete tasks on schedule		1. Kitchen Safety & Sanitation Proper handwashing and personal hygiene Safe food handling and storage to prevent cross-contamination Knife safety (handling, carrying, and storing knives properly) Fire and burn prevention (handling hot pans, using an oven safely) Understanding foodborne illnesses and how to prevent them 2. 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Example Task: Cook a simple dish such as an omelet, pasta dish, or stir-fry while showcasing knife skills and proper technique.