

Food Fascination - Session 1
Tuesdays & Thursdays
Instructors: Jerri, Sue, and Laura

Course Objective: Students will learn how to prepare healthy foods. To ensure success they will learn how to read a recipe, use kitchen tools, read product labels, and learn the importance of kitchen safety. They will chop, dice, blend, sauté, bake, and create delicious lunches for themselves and peers.

Week 1: Knife & Health Safety & Orientation in the Kitchen: Students will be instructed on requirements for keeping the food safe by washing hands, keeping hair back or wearing clean hat, wear gloves if needed, and wearing a clean apron. Students will be instructed on knife skills and different types of chopping. Focus will be on all students using a knife this week and some learning how to use the juicer. Salad bars and lemonade.

Week 2: Health Safety by learning about bacteria: <https://www.fooddetectives.com/index.html> Students will play food detective game to know where bacteria can lurk and how to be safe. Student focus on kitchen tools will be the Vitamix, Sorbet Machine, & Food Processor. Example of what will be made in the kitchen will be pesto, sorbet, salsa, salad dressing, smoothies, and more.

Week 3: Recipe Reading easy: Ingredients, measurements, instructions, and serving sizes will be discussed and each week practiced. Kitchen tool focus will be on hot plates, oven, and microwave. Examples of what will be made in the kitchen will be pasta, popcorn, cookies, stir fry, steamed veggies.

Week 4: Review reading recipes medium level: see week 3. Kitchen tool BBQ: focus on how to operate a gas BBQ safely and turning it off and that it is stored properly. Example of what might be made: BBQ chicken or meat, grilled veggies and possibly fruit.

Week 5: Review of concepts of health, safety, and recipe reading. Kitchen tool: mandolin and frier (oil vs. air). Students will try tools that they have not used to make sure they have an opportunity to do a variety if not all by the end of the session. Examples of what will be made would be fries, potato chips, and corn chips, salsa & guacamole.

Week 6: Reading product labels and allergies: why do we want to know what is in our products? What is on a product label? Kitchen tools: ice cream maker and variety based on recipes. Examples of what will be made salads, ice cream, juice, maybe applesauce.

Week 7: Culmination of all above: Students will write about what they learned and assess themselves on their progress in the class. Kitchen tools: variety based on recipes. Depends on our pantry on what we are making and the weather.

Rubric: Students will be assessed by the following:

30% Attendance to the class - just showing up

30% Self-assessment completion

40% Participation and teachers judgement of growth in class

