

Food Fascination
Session 4
Tuesdays or Thursdays
Instructor: Laura Erlig, Sue Eaton, Jenni Buchanan

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.

Lesson 1: Introduction to International Food Fascination. We will go over the continents and for students to each week come in with recipes from different countries to plan for the next week's lunch. We will review safety rules for the kitchen, reading recipes, then go in the kitchen and prepare delicious dishes to share.

Lesson 2: South America: We will go over some of the countries and have students research recipes from different countries to plan for the next week's lunch. We will review reading recipes, then go in the kitchen and prepare delicious dishes to share.

Lesson 3: Central America: We will go over some of the countries and have students research recipes from different countries to plan for the next week's lunch. We will review reading recipes, then go in the kitchen and prepare delicious dishes to share.

Lesson 4: East Asia: We will go over some of the countries and have students research recipes from different countries to plan for the next week's lunch. We will review reading recipes, then go in the kitchen and prepare delicious dishes to share.

Lesson 5: South Asia: We will go over some of the countries and have students research recipes from different countries to plan for the next week's lunch. We will review reading recipes, then go in the kitchen and prepare delicious dishes to share.

Lesson 6: Italy/Europe: We will go over some of the countries and have students research recipes from different countries to plan for the next week's lunch. We will review reading recipes, then go in the kitchen and prepare delicious dishes to share.

Lesson 7: North America: We will go over some of the countries and have students research recipes from different countries to plan for the next week's lunch. We will review reading recipes, then go in the kitchen and prepare delicious dishes to share.

Lesson 8: Mish Mash: We will recap on the countries we have planned recipes for and see if there are any similarities in the foods that are prepared in the different continents. Discuss our final thoughts on cooking and then into the kitchen to work on our last set of dishes for the school year.