

Food Fascination - Session 1
Tuesdays & Thursdays
Instructors: 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 a clean hat, wearing 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 & electric tea kettle**. Salad bars and lemonade.

Week 2: Student focus on kitchen tools will be the **Vitamix, Sorbet Machine, & Food Processor**. Examples 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 include pasta, popcorn, cookies, stir fry, and steamed veggies.

Week 4: Health Safety by learning about bacteria: <https://www.fooddetectives.com/index.html>
http://www.fightbac.org/wp-content/uploads/2016/02/10-least-wanted-poster_english_2013.pdf
Review reading recipes medium level: see week 3. Kitchen tool **BBQ, Panini**: 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, **frier, garlic press, spiralizer**. 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 **grinder**. Examples of what will be made: salads, ice cream, juice, granola, and 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' judgment of growth in class