



Radnor High School Course Overview

American Regional Cooking 1103

General Information

Credits: 0.5

Weighted: N/A

Prerequisite: Essentials of Cooking with a minimum grade of "C"

Length: Semester
Format: Meets Daily
Grade: 10, 11, 12

I. Course Description

American Regional Cooking provides students with the opportunity to prepare and serve regional American foods. In the process of researching and selecting recipes, students demonstrate their understanding of the cultural and social influences on American food choices and methods of preparation. Students prepare, in class, the recipes they have selected. The course ends with the planning and preparation of meals which include foods chosen for their unique representation of particular regions in the U.S.

MAJOR UNITS OF STUDY

Introduction – 3 weeks
New England – 2 weeks
Mid-Atlantic – 2 weeks
South – 2 weeks
Midwest – 2 weeks
West & Southwest – 2 weeks
Pacific Coast – 2 weeks
Hawaiian Islands – 2 weeks
Closing – 1 week

Common Core Standards

Throughout each unit of study:

11.3.12.C- Evaluate sources of food and nutrition information.

11.3.12.F- Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.

7.1.12.A- Use geographic tools to analyze information about the interaction between people, places, and the environment.

7.2.12.A- Analyze the physical characteristics of places and regions, including the interrelationships among the components of Earth's physical systems.

7.3.12.A- Analyze the human characteristics of places and regions using the following criteria: Population, Culture, Settlement, Economic activities, Political activities.

Keystone Connections:

A1.1.1 Operations with Real Numbers and Expressions

- A1.1.1.1 Represent and/or use numbers in equivalent forms (e.g., integers, fractions, decimals, percents, square roots, and exponents).
- A1.1.1.2 Apply number theory concepts to show relationships between real numbers in problem-solving settings.

- A1.1.2.2 Write, solve, and/or graph systems of linear equations using various methods.

C.E.1 Writing to Inform—Exposition

- C.E.1.1 Write informative pieces that describe, explain, or summarize information or ideas.
- C.E.2.1 Revise writing to improve style, meaning, word choice, and sentence variety.
- C.E.3.1 Use conventions of standard written language.

L.N.1 Reading for Meaning—Nonfiction

- L.N.1.2 Use appropriate strategies to determine and clarify meaning of vocabulary in literature
- L.N.1.3 Use appropriate strategies to comprehend literature during the reading process

L.N.2 Analyzing and Interpreting Literature—Nonfiction

- L.N.2.2 Use appropriate strategies to compare, analyze, and evaluate literary forms.
- L.N.2.4 Use appropriate strategies to identify and analyze text organization and structure in literary
- L.N.2.5 Use appropriate strategies to identify and analyze essential and nonessential information in literary

BIO.A.1 Basic Biological Principles

- BIO.A.1.2 Describe relationships between structure and function at biological levels of organization.

BIO.A.2 The Chemical Basis for Life

- BIO.A.2.2 Describe and interpret relationships between structure and function at various levels of biochemical organization (i.e., atoms, molecules, and macromolecules).

Student Objectives:

Throughout each unit of study students will:

- Identify the origins of foods of the main regions of the U.S.
- Locate the chosen region on a map and identify major geographical features
- Explain how climate, geography, ancestry and culture affected the development of the cuisine of the chosen region
- Prepare foods that are representative of the region
- Research and demonstrate an understanding of the herbs and spices used in the various areas of the U.S.

Materials

- Kitchen Utensils and Equipment
- Recipes
- Departmental Cookbooks and Magazines
- Maps
- DVDs

Activities, Assignments & Assessments

New England

- Food labs
- Completed worksheets and activities

Mid-Atlantic

- Food labs
- Completed worksheets and activities

South

- Food labs
- Completed worksheets and activities

Midwest

- Food labs
- Completed worksheets and activities

West & Southwest

- Food labs
- Completed worksheets and activities

Pacific Coast

- Food labs
- Completed worksheets and activities

Hawaiian Islands

- Food labs
- Completed worksheets and activities

Terminology

- Recipe Terms
- Regional Ingredients
- Regional Dishes
- Regional Customs and Traditions

Media, Technology, Web Resources

- PowerPoint Presentations
- Cooking websites
- Cooking DVDs
- Teacher's website