



Radnor High School
Course Overview



Creative Cooking
1102

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

The principles of cooking and recipes at this level are more advanced. Creative Cooking focuses on baking with leavening agents, preparing meats using various cooking methods, and understanding and applying healthy eating patterns.

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| <p>Major Units of Study</p> <p>Course Expectations & Introductory Activities – 1 week</p> <p>Baking Unit – 8 weeks</p> <p>Protein Unit – 4 weeks</p> <p>Healthy Cooking Unit – 4 week</p> <p>Clean-up – 1 week</p> |
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Common Core Standards

- 11.3.9.B- Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.
- 11.3.9.D- Analyze relationship between diet and disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol and heart disease; folate and birth defects; sodium and hypertension).
- 11.3.9.F- Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).
- 11.3.12.C: Evaluate sources of food and nutrition information.
- 11.3.12.D: Critique diet modifications for their ability to improve nutritionally-related health conditions (e.g., diabetes, lactose-intolerance, iron deficiency).
- 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.

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:**Students will:**

- Understand the benefits of healthful food choices.
- Understand how to choose recipes, follow directions, measure ingredients, prepare recipes
- Understand the food science principles of baking with quick breads, yeast breads, muffins, biscuits, cakes, and desserts
- Understand the food science principles involved in the preparation of meat.
- Understand the basics of meal planning and management.
- Demonstrate the ability to select, prepare and serve nutritious and aesthetically pleasing foods.
- Understand the importance of a diet low in saturated fat and empty calories.
- Demonstrate an understanding of how to make substitutions to lower caloric intake.
- Select, alter and prepare recipes to be a healthier alternative.
- Demonstrate conditions and practices that promote safe food handling.

Materials & Texts

- Kitchen Utensils and Equipment
- Recipes
- Departmental cookbooks, Magazines, and Newsletters
- Teacher's website

Activities, Assignments & Assessments**Baking Unit**

- Functions of baking ingredients
- Leavening agents
- Quick breads
- Yeast breads
- Cakes
- Food labs
- Piece of Cake Contest

Protein Unit

- Cooking with meat
- Cooking with poultry
- Cooking with seafood

- Cooking with vegetarian protein
- Food labs

Healthy Cooking Unit

- Fats
- Substitutions
- Nutrition guidelines
- Food Labs
- Healthy Cook-Off Contest

Authentic Assessments

- Baking Test
- Piece of Cake Contest
- Healthy Cook-Off Contest

Terminology

- Recipe Terms
- Measurement Abbreviations and Equivalents
- Kitchen Equipment
- Leavening Agents
- Food Safety
- Different Methods of Cooking
- Nutrients
- Food groups

Media, Technology, Web Resources

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