



Radnor High School Course Overview



Essentials of Cooking 1101

General Information

Credits: 0.5
Weighted: N/A
Prerequisite: N/A

Length: Semester
Format: Meets Daily
Grade: 9, 10, 11, 12

I. Course Description

Essentials of Cooking is an introduction to basic food preparation, and cooking techniques. Students learn the meaning of recipe terms, and how to follow a recipe through cooking. Students learn how to identify and correctly handle an assortment of kitchen equipment. Students will acquire the skills needed to prepare basic recipes independently. This course also focuses on safe food handling procedures, meal planning, and the relationship between our diet and our health, now and in the future.

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.C- Analyze the impact of food addictions and eating disorders on health.

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).

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:

- Understand the correct procedures for measuring
- Understand how to read and follow a recipe
- Understand techniques and terminology used in cooking
- Demonstrate methods of preparing and cooking foods in the various food groups
- Understand the use and care of kitchen equipment and appliances
- Understand the nutritional benefits derived from the various food groups
- Understand the benefits of meal planning
- Demonstrate how to plan for and create a healthy, nutritious meal
- Distinguish safe from unsafe food handling practices

Materials & Texts

- Kitchen Utensils and Equipment
- Recipes
- Departmental cookbooks, Magazines, and Newsletters

Activities, Assignments & Assessments

- Food Labs
- Written Quizzes and Tests
- Worksheets
- Hands-on learning activities

- Authentic Assessment of Planning and Preparing a Healthy and Nutritious Meal

Terminology

- Recipe Terms
- Measurement Abbreviations and Equivalentents
- Kitchen Equipment
- Food Safety
- Different Methods of Cooking
- Nutrients
- USDA
- Food groups
- Food Labels
- ChooseMyPlate.gov

Media, Technology, Web Resources

- PowerPoint Presentations
- Cooking websites
- Cooking DVDs