

Culinary Arts 1/2 Year Practical Arts Elective

This is a half year (90 day) course. It is set up so that if you follow Monday-Friday (or 5 day classes), for most weeks, you would watch a recipe and write the ingredients or create your own version of it on Monday- noting ingredients needed, complete a culinary arts math worksheet on Tuesday, you would watch a another recipe video and write the ingredients or create your own version of it on Wednesday- noting ingredients needed, complete another culinary arts math worksheet on Thursday, and Friday would be the day to shop and cook. Obviously, you can adjust the order to meet the needs of your own family. The worksheets build, but the recipes can be completed in any order. The worksheets are intended for middle or high school level students, but the recipes could be completed (with guidance) by most ages. There is always the option to create your own version of the recipe. This will allow for creativity and experimentation. Students reflect on their recipes, so if something goes wrong, they won't make the same mistake. Also, if your family has certain foods you don't eat for religious or medical reasons, feel free to substitute other ingredients that are appropriate for the recipe and better fit the needs of your family.

Prior Knowledge (complete these lessons as needed):

Handwashing:

http://scrubclub.org/assets/pdf/6steps_poster.pdf

What are the six steps for correctly washing your hands?

<https://www.cdc.gov/handwashing/why-handwashing.html>

Explain several reasons why handwashing is important.

Safety in the Kitchen:

First Aid and Preventing Injuries

<https://www.youtube.com/watch?v=Y7D90UJbCg0>

Avoiding Cross-Contamination and Food Poisoning

<https://www.youtube.com/watch?v=yiNTqUU-h6w>

Understanding Basic Kitchen Equipment

<https://www.youtube.com/watch?v=-av6cz9upO0>

Materials Needed:

- **Culinary Essentials: Culinary Math Skills** (Glencoe- McGraw-Hill) - Johnson and Wales University; Contributor Denise Schaefer, C.E.C., C.C.E. Culinary Arts Instructor Penta Career Center Perrysburg, Ohio

or

print the PDF:

http://glencoe.mheducation.com/sites/dl/free/0078883598/683584/Culinary_Math_Skills.pdf

- Writing utensil
- Various art supplies for final food truck project (as needed)
- Various table setting items for food truck project (optional)
- Computer with access to the internet to view the recipe videos
- Ingredients and cookware will vary with each recipe. I suggest previewing the recipes for supplies and ingredients needed prior to the week.

Grading (if using as a high school elective):

I suggest 5 points per video day and 5 points per worksheet day. If the student followed the directions, issue the full credit. For cooking days, if the shopping list went well and the student followed the recipe accurately, issue 10 points. Each week is worth 30 possible points. Do this for the first 12 weeks. That means the student could earn up to 360 possible points. The final 6 weeks will be the project. You could give “check-in” grades of 5 points each. I suggest doing that once a week to make sure the student is keeping up with planning and making progress. It also gives you a chance to answer questions and clear up any confusion the student may have. The final project counts for 150 possible points (see below).

Day 1:

Complete “Making Change” worksheet

Day 2:

- Watch “Three Ingredient Banana Treats”
<https://www.foodnetwork.com/videos/three-ingredient-banana-treats-0220630>
- Choose one.
- Write the recipe. Be sure to list your ingredients to buy.

Day 3:

Complete “Reading Labels” worksheet

Day 4:

- Watch “Kids Can Make: Pancake Animals”
<https://www.foodnetwork.com/videos/kids-can-make-pancake-animals-0262086>
- Create your own sketch of an animal pancake you want to make. Be creative. (Do not choose owl or lion.)
- Write a recipe including your list of ingredients to buy.

Day 5:

- Shop for ingredients. Use the lists you made on days 2 and 4.
- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your “Three Ingredient Banana Treat” recipe and your “Animal Pancake” recipe. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 6:
Complete "Pounds and Ounces" worksheet

Day 7:

- Watch "Zucchini and Corn Pirate Boats"
<https://www.foodnetwork.com/videos/zucchini-and-corn-pirate-boats-0165388>
- Write the recipe. Be sure to list your ingredients to buy.

Day 8:
Complete "Recipe Conversion" worksheet

Day 9:
<https://www.foodnetwork.com/videos/guys-kitchen-dos-and-donts-0162161>

What did you learn from this video? What did you already know? Which "don't" is most important? Why? Write a paragraph (at least 5 sentences) using these questions.

Day 10:

- Shop for ingredients. Use the lists you made on day 7.
- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your "Zucchini Pirate Boat" recipe. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 11:
Complete "Weight and Volume Charts" worksheet.

Day 12:
Watch "Breakfast Pizzas"
<https://www.foodnetwork.com/videos/breakfast-pizza-0110038>

Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 13:
Complete "Weight and Volume Conversion" worksheet.

Day 14:
Watch "Banana Dog"
<https://www.foodnetwork.com/videos/banana-dog-0110039>
Either- write the recipe including ingredients to make this version OR create your own version of a recipe that LOOKS like something different. Write that recipe and make a list of ingredients you will need.

Day 15:

- Shop for ingredients. Use the lists you made on days 12 and 14.
- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your “Breakfast Pizza” and “Banana Dog” recipes. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 16:

Worksheet “Weight Versus Volume”

Day 17:

- Watch “Tortellini Totem Poles”
- <https://www.foodnetwork.com/videos/tortellini-totem-poles-0110040>
- Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 18

Worksheet “Volume Measures”

Day 19:

- Watch “Ravioli Upgrade”

<https://www.foodnetwork.com/videos/ravioli-upgrade-0110041>

- Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 20

- Shop for ingredients. Use the lists you made on days 17 and 19.
- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your “Tortellini Totem Poles” and “Ravioli Upgrade” recipes. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 21

Worksheet “Scale Operation”

Day 22

- Watch ONE of the **fruit pop recipes**
<https://www.foodnetwork.com/videos/layered-watermelon-ice-pops-0271046>

OR

<https://www.foodnetwork.com/videos/frozen-ice-pops-0110042>

- Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 23

Worksheet "Cooking With Fractions"

Day 24

- Watch "Mini Shepherd's Pie"
<https://www.foodnetwork.com/videos/mini-shepherds-pies-0128008>
- Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 25

- Shop for ingredients. Use the lists you made on days 22 and 24.
- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your "Fruit Pops" and "Mini Shepherd's Pie" recipes. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 26:

Worksheet "Calculating Convection Temperature"

Day 27:

- Watch "Spinach Bacon Grilled Cheese"
<https://www.foodnetwork.com/videos/spinach-bacon-grilled-cheese-0150169>
- Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 28:

Worksheet "Calculating Convection Time"

Day 29:

- Watch "Mexican City Tacos"
<https://www.foodnetwork.com/videos/mexico-city-style-tacos-0158441>
- Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 30:

- Shop for ingredients. Use the lists you made on days 27 and 29.
- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your "Spinach Bacon Grilled Cheese" and "Mexican City Tacos" recipes. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 31:

- Watch “Taco Soup”
<https://www.foodnetwork.com/recipes/paula-deen/taco-soup-recipe-1943872>
- Either - write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 32: Complete “Costing Form” worksheet

Day 33:

- Watch “Chicken Tortilla Soup”
<https://www.foodnetwork.com/recipes/chicken-tortilla-soup-recipe-1939403>
- Either- write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 34: Complete “Using Scoops and Ladles” worksheet

Day 35: Shop for ingredients. Use the lists you made on days 31 and 33.

- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your “Taco Soup” and “Chicken Tortilla Soup” recipes. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 36 :

- Watch “Spaghetti Squash and Meatballs”
<https://www.marthastewart.com/355561/spaghetti-squash-turkey-meatballs>
- Either - write the recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 37 Complete “Math Scoops” worksheet

Day 38

- Watch “Spaghetti Squash 4 Ways”
” <https://www.youtube.com/watch?v=CXuNaKShob0>
- Either - write ONE OF THE recipe including ingredients to make this version OR create your own version. Write that recipe and make a list of ingredients you will need.

Day 39 Complete “Costing an Invoice—Weight/Unit Prices” worksheet

Day 40 Shop for ingredients. Use the lists you made on days 36 and 38.

- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your “Spaghetti Squash and Meatballs” recipe and your other spaghetti squash recipe. Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 41 Complete “Costing a Quick-Service Meal” worksheet

Day 42 Use the “Costing a Quick-Service Meal” worksheet to write the recipes for grilled chicken sandwich and fresh fruit medley. Make a list of the ingredients you will need.

Day 43 Complete “Costing a Casual Dining Meal” worksheet.

Day 44 Use the “Costing a Casual Dining Meal” worksheet to write the recipe for mixed baby greens with low-fat dressing, citrus red snapper, wild rice blend, grilled vegetable kabob, and poached pear with fresh berries. Make a list of ingredients needed.

Day 45 Shop for ingredients. Use the list you made on days 42 OR 44.

- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making either your QUICK SERVICE MEAL OR your CASUAL DINING MEAL.
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 46 Find a recipe for lemon bars OR custard-filled cream puffs. Write up the recipe and list the ingredients needed.

Day 47 Complete the “Costing a Cold Platter Buffet” worksheet

Day 48 Find a recipe for assorted tuna noodle casserole. Write up the recipe and list the ingredients needed.

Day 49 Complete the “Costing Tuna Noodle Casserole” worksheet

Day 50

Shop for ingredients. Use the lists you made on days 46 and 48.

- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making your chosen recipes (see days 46 and 48). Enjoy!
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 51

Watch Wolfgang Puck’s “Apple Slaw”

<https://www.foodnetwork.com/recipes/apple-coleslaw-recipe-1942515>

Write the recipe and a list of ingredients needed for this apple slaw recipe.

Day 52 Complete the “Costing Slaw” worksheet

Day 53

Watch the AllRecipes video on “Peanut Butter Cookies”

<https://www.allrecipes.com/recipe/11352/three-ingredient-peanut-butter-cookies/>

Write the recipe and a list of ingredients needed for this peanut butter cookie recipe.

Day 54 Complete the “Costing Peanut Butter Cookies” worksheet

Day 55 Shop for your ingredients.

Use the list you made on days 51 and 53.

- Write how much you think it will cost and how much you need (create a budget).
- Record the actual cost.
- Spend today making either your apple slaw and peanut butter cookies.
- Write 2-3 sentences about how it turned out. What worked well? What would you do differently next time?

Day 56 Watch the video on how to make brownies. Write the recipe and a list of ingredients needed for the recipe. <https://www.allrecipes.com/recipe/9599/quick-and-easy-brownies/>

Day 57 Complete “Costing Brownies” worksheet

Day 58 Watch the video on how to make sour cream coffee cake. Write the recipe and a list of ingredients needed for the recipe.

<https://bakeatmidnite.com/sour-cream-coffee-cake/>

Day 59 Complete "Costing Sour Cream Coffee Cake" worksheet

Day 60 Shop for the ingredients from the lists you made on days 56 and 58. Spend today making brownies and sour cream coffee cake.

Days 61-90 - FINAL PROJECT

Food Truck Challenge

Synopsis: The gourmet food truck craze has hit many cities in North America. Food trucks have become so popular that there is even shows called EAT ST. and The Great Food Truck Race. Some cities even have street food parks where gourmet food carts can congregate and sell their delicious food. Many of these food trucks aren't selling your typical hot dogs and fries, they are coming up with interesting foods for people to eat on the go. These chefs and entrepreneurs are also using the power of social media (i.e. tweeting their location for their followers) to build "buzz" surrounding their food truck. HOWEVER, the foundation of their success is great tasting, inventive food that is handmade using local, seasonal ingredients...and a lot of passion!

Assignment:

In your group, you are to develop a food truck concept to show Orangeville that this food phenomenon isn't just a trend, but something that adds character, can bring media attention to the city and fill a need for great tasting, interesting and diverse food. The food has to be able to be prepared in a food truck and be able to be eaten with your hands or one utensil (i.e. a spoon or a fork). The concept has to be your own; do not copy something off of the show. You do not need to come up with an entire menu but you do need to come up with a minimum of 5 food items and 3 drinks.

Required Elements:

1. Menu Items: You will need to come up with 5 dishes and three drinks for your food truck that compliment each other. What you can not do is a standard French fry cart or simple hot dog stand. Be creative and put some creativity and passion in what you want to serve to your customers. You will need recipes for the food items you create as well as a scaled down version of your menu board.
2. Name of your Food Truck: The name of your food truck should be creative and catchy and possibly give customers a hint of what's in store for them if they stop at your establishment.
3. Truck Design: The outside of the truck should be eye-catching and make people want to stop...since they haven't tried your amazing food yet. Once you get them to the window it's up to you to wow them with your food! You must design the inside of the truck as well. You have to think about safety and sanitation (fridges, hand washing sink, compartment sink for washing dishes). You have to design the inside based around the menu items you are serving. You should think about where equipment will be placed, how the flow will work, etc..

4. Food Presentation: Brainstorm about how you will serve the food. You must have the menu decided before you will decide on the container in which you will serve your food items. Type of container, impact on the environment and ease of eating your food from the container is very important. If you can manage to get a sample of the container that you would like to use, that would certainly help your overall presentation.

5. Food Prices: Determine how much to charge: pricing is very important in the food industry... charge too much and people may not buy, charge too little and you won't be in business for very long. Customers need to feel like they are getting value for their money. One of the advantages of gourmet food trucks is that they are an affordable way to be exposed to really good food that is of restaurant quality.

6. Equipment: You will determine what equipment is required to prep, cook, serve and clean your dishes out of your food truck. Rationale: Your rationale should be one page explaining why we need gourmet food trucks in Orangeville. Your reasoning would argue your point and provide reasons to support that argument. Some of these reasons should be based on facts and economics as well as a passionate belief for good food. Use the internet to research articles around this subject.

The following is a list of items that should be included in your project in order to help you be successful. Also included is framework for all necessary requirements to help with the completion of your assignment.

- Title Page (group names, period, date)
- Food Truck Theme
- Food Truck Name
- Food Truck Design & Logo (outside) 3D Model (template included)
- Food Truck Equipment Layout Sketch (inside)
- Food Truck Equipment List (to prep, cook, serve and clean)
- Menu Items with Cost Sheet

Rationale (why NAMEOFYOURTOWN should have food trucks)

Your rationale should be one page explaining why we need gourmet food trucks in (YOURTOWN). Your reasoning would argue your point and provide reasons to support that argument. Some of these reasons should be based on facts and economics as well as a passionate belief for good food. Use the internet to research articles around this subject.

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- Menu Items with Cost Sheet
- Rationale (why YOURTOWN should have food trucks)

Put together a full menu (minimum 5 food items and 3 types of drinks for your menu) Some of your items can be appetizers. Be creative with your menu design as it would look on the Food Truck. See Below:

Menu Item (Drink)

Complete this for Recipe #1, 2, 3

Recipe Name:

Type of Container:

Price of Container:

\$ Ingredients:

Directions:

Menu Item (Food Item)

Use this for Recipes # 4, 5, 6, 7, 8

Recipe Name:

Type of Container:

Price of Container:

\$ Ingredients:

Directions:

Costing Sheet for Recipe for Food Lab (please provide your rough calculations for unit costing)

Food or Drink Name	Ingredients Needed for Menu Item	Cost of Items (total)	Cost to make ONE serving
Drink 1:			
Drink 2:			
Drink 3:			
Food 1:			
Food 2:			
Food 3:			
Food 4:			
Food 5:			
		Total Cost:	

Shopping list for food lab:

Diagram of Equipment Layout: Include all doors, windows, and equipment required to prep, serve and cook your menu items, as well as clean up.

Example Diagram:

[Food Truck Diagram](#)

[Template for Food Truck \(Printable Model\)](#)

Equipment list:

[Template for Menu](#)

Rationale: Your rationale should be one TYPED page explaining why we need gourmet food trucks in (YOURTOWN). Your reasoning would argue your point and provide reasons to support that argument. Some of these reasons should be based on facts, economics as well as a passionate belief in good food. Use the internet to research articles around this subject.

FINAL PROJECT Grading:

Menu and Equipment Layout:	30 possible points
Appearance:	30 possible points
Taste:	30 possible points
Creativity:	30 possible points
Rationale Paper (typed- one page):	30 possible points
Total:	_____ /150 possible points