

Food Fascination - Session 1
Tuesdays & Thursdays
Instructors: Sue, Deneen, 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 & types of knives and Mandolin**. Salad bars and lemonade.

Week 2: Students focus on kitchen tools where they are located and the different kitchen utensils (eg. baking spatula vs. cooking spatula). Play the kitchen tool scavenger hunt. We will be using 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 **hotplate, electric skillet, and microwave**. Examples of what will be made in the kitchen include pasta, popcorn, cookies, stir fry, and steamed veggies.

Week 4: Reading Recipes with focus on measurement with doubling and halving. Kitchen tool **oven and panini machine**: roasted meat, grilled veggies and possibly grilled fruit.

Week 5: Review of concepts of health, safety, kitchen utensils, 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? Food label game. Kitchen tools: **ice cream maker**. 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