What's In The Kitchen?

Food Fascination Session 2
Food and Nutrition Syllabus

Food Fascination will focus on kitchen and prep skills.

Week 1: What is in the kitchen? Tour of the kitchen, types of serving spoons slotted vs non-slotted, spice rack, grains, sweet pantry, wet and dry ingredients, condiments, food storage, handheld tools, and pots and pan. Discuss the clock and read it and have someone responsible with time awareness.

Week 2: How to Read Recipes
- Students will define parts of a recipe. Vocabulary: recipe, title, ingredients, cooking method, directions, yield, source
- Students will highlight recipes so they know what ingredients, tools, and what to do.
- Work on time management going backwards to see what time a recipe needs to be in the oven

Week 3: Learn what Mis en Place "Putting in Place" for Equipment
- Students will identify recipes that they know what ingredients, tools, and what to do.
- Students will gather all tools for their recipe.
- Assign students to manage the time

Week 4: Mis en Place ``Putting in Place" for Ingredients
Some dishes this week may include Miso Soup with Veggies and Miso Glazed Tofu
- Students will identify on the recipes what the ingredients, tools, and what to do.
- Students will gather all ingredients for their recipe
- Assign students to manage the time

Week 5: Mis en Place "Putting in Place" for entire recipe
Some dishes this week may include lemon roasted potatoes, Ikarian tabouli salad, & bruschetta
- Students will gather ingredients and tools for their recipe.

Week 6: Students will prioritize what needs to be done and when at their station.
Time management skills will be discussed with reading a recipe, getting equipment and ingredients.

Week 7: Implementation of all skills learned. Students will be in groups with a recipe manager, prep person, and time manager.

Week 8: Implementation of all skills learned. Students will be in groups with a recipe manager, prep person, and time manager.
- Students will culminate their class with a final.