

Culinary Basics 1

❖ Continuously organize notebook

❖ All work must be kept in notebook unless collected by Mrs. Seifried

Week	Dates	Assignments/Discussion	Work Due/Quiz/Tests
1	Aug 13 – Aug 14	Introductions/requirements	
2	Aug 17 – Aug 21	Etiquette/Table Setting <ul style="list-style-type: none"> • How to Set a Place Setting • Set It Right • Edie-Cat Crossword • Food for Thought Equipment Identification – Lecture (see website for power point)	<ul style="list-style-type: none"> • Course outline signed • Class contribution \$25 • ½” 3 ring binder • Quiz – Etiquette/Table Setting
3	Aug 24 – Aug 28	Safety <ul style="list-style-type: none"> • Video • Lab Safety Handout Measuring <ul style="list-style-type: none"> • How to Measure • Demonstration Reading a Recipe <ul style="list-style-type: none"> • Using a Recipe Lab Procedures Lab – Oatmeal Cookies	<ul style="list-style-type: none"> • Test – Safety (must pass with 85% or higher) • Quiz - Vocab
	Aug 31 – Sept 4	Review <ul style="list-style-type: none"> • Measuring • Lab Procedures • Equipment Food Safety Lab - Pancakes	<ul style="list-style-type: none"> • Quiz – Measuring, Equipment, Recipe Reading • Quiz - Vocab
4	Sept 7 – Sept 11 9/7 ⇒ Labor Day	Food Safety <ul style="list-style-type: none"> • Notes (see website for power point) • Sanitation in the Kitchen • Cook It Safely Lab – Cinnamon Rolls <ul style="list-style-type: none"> • Measuring Centers 	<ul style="list-style-type: none"> • Quiz – Sanitation • Quiz - Vocab
5	Sept 14 – Sept 18	Review Recipe Skills Baking Notes <ul style="list-style-type: none"> • Who Am I? Lab – Pretzels	<ul style="list-style-type: none"> • Quiz - Vocab
6	Sept 21 – Sept 25	Lab – Chocolate Chip Cookies	<ul style="list-style-type: none"> • Quiz - Vocab
7	Sept 28 – Oct 2 9/28&9/28 ⇒ Fall Break	Baking Lab - Pizza	<ul style="list-style-type: none"> • Quiz - Vocab
8	Oct 5 – Oct 9	Knife Skills <ul style="list-style-type: none"> • Video/Worksheet • Practice • Cutting Techniques Baking <ul style="list-style-type: none"> • Essentials of Baking Lab – Salsa/Quesadillas	<ul style="list-style-type: none"> • Quiz - Vocab
9	Oct 12 – Oct 16 10/17 ⇒ End Q1	Baking <ul style="list-style-type: none"> • Secrets of Yeast Breads Review for Mid-Term Test Lab – Potato Soup <ul style="list-style-type: none"> • Cooking Terms 	<ul style="list-style-type: none"> • Mid-Term Test 10/15 • Quiz - Vocab
10	Oct 19 – Oct 23	Time Management <ul style="list-style-type: none"> • Developing a Work Plan • Making it Happen • Go Team Go! Finish Cooking Terms Worksheet Lab – Chicken Fettuccini Alfredo Lab – Omelets <ul style="list-style-type: none"> • Video Worksheet 	<ul style="list-style-type: none"> • Quiz - Vocab

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11	Oct 26 – Oct 30	Nutrients <ul style="list-style-type: none"> • Carbohydrates • Proteins Lab – Tortilla Soup	<ul style="list-style-type: none"> • Quiz - Vocab • Cookbook Fundraiser begins
12	Nov 2 – Nov 6	Nutrients <ul style="list-style-type: none"> • Fats Lab – Taco Salad	<ul style="list-style-type: none"> • Quiz - Vocab
13	Nov 9 – Nov 13 11/11 → Vet. Day	Nutrients <ul style="list-style-type: none"> • Vitamins and Minerals Lab – Fried Rice	<ul style="list-style-type: none"> • Cookbook Fundraiser Ends • Quiz - Vocab
14	Nov 16 – Nov 20	Food Guide Pyramid Dietary Guidelines Lab – Pumpkin Pie Lab – Thanksgiving	<ul style="list-style-type: none"> • Quiz - Vocab
15	Nov 23 – Nov 27 11/26 & 11/27 → Thanksgiving	Food Labels Lab – Eight Foot Burrito	<ul style="list-style-type: none"> • Quiz - Vocab
16	Nov 30 – Dec 4	Healthy Weight Management Lab - Lasagna	<ul style="list-style-type: none"> • Quiz - Vocab
17	Dec 7 – Dec 11	Healthy Weight Management Lab – Carrot Cake	<ul style="list-style-type: none"> • Quiz - Vocab
18	Dec 14 – Dec 18	Lab - Cleaning	<ul style="list-style-type: none"> • Final Exams: 12/15 periods 3 & 5 12/16 periods 4 & 6 12/17 period 7