

Green Valley School Creative Cuisine 11 Course Plan

In this advanced culinary course, students will be challenged by recipe and menu development, quantity food preparation, and nutrition for different needs (such as infants, allergies, food sensitivities, to name a few).

UNITS

SAMPLE ACTIVITIES

Decision-making in Food and Nutrition

Research and present information on a special diet concern. Choose and prepare a suitable recipe answering the concern.

Special Food Concerns

- Allergies and Sensitivities
- Celiac Disease
- Anorexia Nervosa
- Prader-Willi Syndrome
- Hunger
- Other

Research Project: Present to class in chosen format.
Ex: Power Point, video, etc.

Quantity Food Preparation
(Consider special concerns and safety)

Examine the policies regarding quantity food preparation.
Serve a large quantity of people a meal.

Ingredient know-how

Research a specific food ingredient (example: milk, cheese, beef, wheat, eggs, pork, margarine, salt, sugar, cinnamon). Describe source(s), best preparation practices, nutrient and or health benefits or disadvantages, processing, transportation.

Exploring new foods

Find an unfamiliar dish from another culture. Research the culture as related to food. Prepare the recipe for the class.

The Grocery Cart

Develop a week's menu for a family of four (two adults and two children under ten). Visit the grocery store. Price it out.
Shop for a product to make in class.

Recipe development

Make your own cooking show. Video at home. Show to class.

Choose a familiar recipe. Develop a healthier version to serve to the class. Assess preferences.

Food Trends

Design a dry mix for gift-giving (suggestions – cookie, muffin, soup) that requires only the addition of no more than 3 liquid ingredients.

Explore different recipes that incorporate food trends in today's society

There will be cooking projects (group cooperation). These will sometime need written plans. This will be 60% of the marks. You will be asked to assess each other and yourselves occasionally. There will be some reading and viewing with related questions including some recipe questions, and presentations of your work (in various formats depending on the topic, for 20% of the mark. Finally there will be written tests for the remaining 20% (3 or 4 of them).