



Culinary Arts

Course: Foods for Fitness B
High School: Grade 9-12

Essential Course Information

- Course Revision
- Half Year - 2.5 Credits
- Prerequisites: Foods for Fitness A

Course Overview

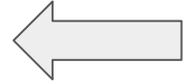
Continue to develop your culinary skills in Foods for Fitness B, the second semester course which follows Food for Fitness A. Starting with Culinary nutrition, students begin to understand the importance of nutritious food preparation which leads to a healthy lifestyle. Several recipes are tested and analyzed resulting in healthier options for classic favorites. Based on the American Culinary Federation's Fundamental Cook program, students become skilled at the techniques needed to prepare a variety of breakfast foods and beverages, make hot and cold sandwiches, work with fruits and vegetables and prepare delicious dishes using ingredients based on seasonal availability. You will learn specific knife skills, fine-tune your mise en place for each recipe and prepare a variety of tasty dishes. Explore how to use healthy ingredients which heighten the flavor of food and deliver satisfying results.

Unit	Estimated Class Time	Overview
<u>Unit 1</u> Culinary Nutrition	5 weeks	This unit focuses on the importance of nutritionally balanced meals and the elements of good nutrition. Students learn about proteins, vitamins, minerals, and fats. The variety of fats and oils used in recipes will be studied and tested to see how each impacts the taste, nutritional value and cooking techniques of different foods. In addition, students will learn how to read labels to ensure they are making healthy food choices. Special diets for people with specific dietary needs will be explored. Classic favorites will take on a new healthier approach to preparation, presentation, and flavor.
<u>Unit 2</u> Breakfast Foods and the Incredible Edible Egg	5 weeks	This unit explores the world of breakfast foods and beverages. The protein rich, nutritious egg and the many techniques used to prepare egg dishes will be explored and tested. Omelets, egg sandwiches, quiche, and batters using eggs will be the main recipes used to learn the skills needed to successfully prepare breakfast foods. Breakfast meats and breads will be included as tasty side dishes to accompany the delicious creations students will prepare.
<u>Unit 3</u> Hot and Cold Sandwiches	5 weeks	Hot and cold sandwiches require a variety of ingredients and skill in preparation techniques. Sandwiches can be basic or come in a variety of forms including club sandwiches, paninis, open-face sandwiches, heroes, and wraps with different sandwich filling, spreads, condiments, sauces, and/or dips. There are many healthy alternatives which can be used when preparing sandwiches to ensure classic recipes are tasty yet healthy for eating.
<u>Unit 4</u> Fruits and Vegetables	5 weeks	Fruits and vegetables can be prepared using a variety of cooking techniques for both hot and cold recipes. Preparation technique will influence the flavor structure and nutritional value of both fruits and vegetables. Selected at the peak of the growing season for best quality, taste and cost, fruits and vegetables are low in fat and calories and provide many vitamins and minerals in a healthy diet. Vegetables are grouped according to the part of the plant from which they are derived. Fruits are classified according to the part of a plant that holds the seed. An overall healthy diet that includes plenty of fruits and vegetables may help prevent some major health problems.

CTE Culinary Arts Program

9

Foods for Fitness A
Foods for Fitness B



10-11

Global Cuisine 1
Global Cuisine 2

12

Creativity and Innovation in the Culinary
Arts

INSTRUCTIONAL / SUPPLEMENTAL MATERIALS

1. Textbook: *Food for Today*
2. Use of Google Apps, Glogster
3. Online Resources:
4. Instructor will utilize live demonstrations and visual aids to help guide the learning experience.
5. American Culinary Federation: Fundamental Cook

KEY FEATURES OF REVISION

- 21st Century Life and Career Skills
- Includes recommendations from CTE Culinary Arts Advisory Committee and American Culinary Federation
- Student access to digital resources has expanded greatly.
- Integration of performance based assessments.
- Incorporation of activities and assessments that develop 21st century skills.

Students completing all of the courses in this Culinary Arts program may take the NOCTI exam in Culinary Arts Level 1. which may result in a certificate of competency and a credential from NOCTI for 3 college credits

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