

Grade 7 Culinary Arts Complementary Course Outline 2017-2018



Driving Question: How can I prepare snacks, breakfast foods, desserts, and main courses in the kitchen while keeping in mind; safety and budget?

In this complementary course you will be introduced to the kitchen with an emphasis on safety and nutrition (Canada's Food Guide). You will be able to participate in a variety of hands on cooking activities, allowing you to develop basic skills and knowledge related to food preparation of simple snacks and a variety of food preparation techniques. You will be encouraged to show a positive attitude, while working cooperatively in groups on the completion of each recipe.

The following modules will be offered **Snacks and Appetizers**, a look at the importance of snacking to our daily nutrition. **Breakfast** – the most important meal of the day, **Cheese**- focus on meals with cheese, **Cookies and Squares**- bake various items, **Main Course** Create meals that would be main courses.

Activities

- Learning your way around the kitchen and knowing how to use the different equipment.
- Learning to become independent as you enter your young adult stage of life.
- Learning the vocabulary and skills needed to prepare healthy food for yourself and others.
- Learning the safety rules and procedures in a kitchen, you will practice recipes in your labs.
- Nutritional knowledge, skill, fun and confidence building are all a part of culinary arts.

Assessment:

Personal Connections

- CTF is exploring interests, passions and skills while making personal connections to career possibilities

Designing and Creating

- CTF is planning, creating, appraising and communicating in response to challenges.

Collaboration and Personal Growth

- CTF is working independently and with others while exploring careers and technology.

Thank you,
Mrs. Lynn and Mrs. Gette