

Grade 8 Culinary Arts Complementary Course Outline 2017



Mrs.K. Tuck

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.

CTF Outcomes

These are the areas we will be focusing on in this complementary

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.

Some recipes you will create are:

Bacon N' Egggers	Milligwatwany Soup
-Smoothies	Quinoa Salad
Fresh Baked Calzones	Caesar Salad
Baked Macaroni and Cheese	Variety of Cookies
stuffed peppers	Variety of Quick Breads(muffins, loafs,biscuits)
Nacho and Cheese	Pasta Salads
Taco Soup	Desserts
Corn Chowder	

I am looking forward to sharing some great experiences and having fun but remember Safety First when working with sharp objects and heat.

