

CURRICULUM COURSE OUTLINE

Course Name(s):	International Foods
Grade(s):	10 - 12
Department:	Family and Consumer Sciences Education
Course Length:	Semester
Pre-requisite:	None

Textbook/Key Resource:

- Guide to Good Food by Velda L. Largen and Deborah L. Bence, ISBN 1-56637-765-X, The Goodheart-Willcox Company, Inc. 2002
- On Cooking by Sarah R. Labensky and Alan M. Hause, ISBN 0-13-045241-6, Prentice Hall/Pearson Education, Inc., 2003
- European Cuisine by Richard Kimball, September, 1998 and Revised by Jennifer I. Solloway-Malvitz, January, 2008, Fox Valley Technical College, Appleton, Wisconsin

Course Description: Students will learn about the background and preparation of ethnic foods from French, Italian, Chinese and Spanish cultures. The proper identification and use of kitchen tools and equipment, correct measuring techniques, sanitation and handling food safely will also be emphasized. Students will work in teams to plan, prepare, sample and evaluate a variety of ethnic foods.

Standards: National Standards for Family and Consumer Sciences Education

Unit 1: Kitchen Safety and Sanitation	Unit Length: 2 weeks
Students will know: <ul style="list-style-type: none"> - Kitchen working conditions and their affect on cooking results - Steps for proper washing hands - Food handling affects food quality - Proper temperature for food storage, handling and serving 	Students will be able to: <ul style="list-style-type: none"> - Personal hygiene influences food safety and quality - Identify kitchen safety practices - Identify kitchen sanitation practices - Define terms related to handling food safely - Identify foodborne illnesses and their causes
Standard(s): Food Production and Services 8.2 and Nutrition and Wellness 14.4	

Unit 2: Kitchen Tools, Measurements and Cooking Terms	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Kitchen tools and equipment used for cooking and their specific purpose - Cooking terms and function of each - Basic measurements and equivalents used for cooking that can be adjusted when cooking depending on the group size - Materials kitchen tools are made of and properties that affect cooking results 	Students will be able to: <ul style="list-style-type: none"> - Identify cooking tools and equipment and describe their uses - Define cooking terms - Identify equivalent of given recipe amount then divide and double recipe amount - Identify materials kitchen tools/equipment are made of and state positive and/or negative of given materials
Standard(s): Food Production and Services 8.2 and 8.3	

Unit 3: French Cuisine	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Regions of France - Traditional table settings in France - Common ingredients used in French cuisine - Common foods in French cuisine 	Students will be able to: <ul style="list-style-type: none"> - Identify regional foods of France - Identify items used in French table settings - Select recipe and prepare quiche - Select recipe and prepare crepes - Select recipe and prepare French soups
Standard(s): Nutrition and Wellness 14.1 and 14.3	

Unit 4: Italian Cuisine	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Regions of Italy - Traditional table settings in Italy - Common ingredients used in Italian cuisine - Common foods in Italian cuisine 	Students will be able to: <ul style="list-style-type: none"> - Identify regional foods of Italy - Identify items used in Italian table settings - Select recipe and prepare pizza - Select recipe and prepare pasta and sauces - Select recipe and prepare other Italian foods
Standard(s): Nutrition and Wellness 14.1 and 14.3	

Unit 5: Chinese Cuisine	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Regions of China - Traditional table settings in China - Common ingredients used in Chinese cuisine - Common foods in Chinese cuisine 	Students will be able to: <ul style="list-style-type: none"> - Identify regional foods of Chinese - Identify items used in Chinese table settings - Select recipe and prepare stir fry - Select recipe and prepare other Chinese foods
Standard(s): Nutrition and Wellness 14.1 and 14.3	

Unit 6: Spanish Cuisine	Unit Length: 4 weeks
<p>Students will know:</p> <ul style="list-style-type: none"> - Regions of Spain - Traditional table settings in Spain - Common ingredients used in Spanish cuisine - Common foods in Spanish cuisine 	<p>Students will be able to:</p> <ul style="list-style-type: none"> - Identify regional foods of Spain - Identify items used in Spanish table settings - Select recipe and prepare paella - Select recipe, prepare, compare/contrast French, Spanish, and Italian omelettes - Select recipe and prepare other Spanish foods
Standard(s): Nutrition and Wellness 14.1 and 14.3	