

Introduction to Culinary Arts - Unit 3: Meal Planning (Final Exam)

Unit Focus

This final unit of study will serve as the final examination. Students will learn how to plan and prepare a cohesive meal. There will be a focus on consumer skills and budgeting. The PBA is a comprehensive project where students plan and prepare a meal for guests. This includes menu planning, budgeting, shopping, food preparation, hosting, and cleaning.

Stage 1: Desired Results - Key Understandings

Established Goals	Transfer	
<p>Connecticut Goals and Standards <i>Family and Consumer Science: 12</i></p> <ul style="list-style-type: none"> Apply team strategies to achieve success in the kitchen; 8.25 Demonstrate commercial preparation for all menu categories to produce a variety of food products; 8.23 Demonstrate facility procedures applied to safety, security, and environmental issues; 8.17 Demonstrate food safety and sanitation procedures; 8.20 Demonstrate menu planning based on standardized recipes to meet customer needs; 8.22 Demonstrate selecting, using, and maintaining food production equipment; 8.21 Prepare a variety of food products that meet the needs of individual lifestyles and cultures; 7.21 <p>Student Growth and Development 21st Century Capacities Matrix <i>Critical Thinking</i></p> <ul style="list-style-type: none"> Synthesizing: Students will be able to thoughtfully combine information/data/evidence, concepts, texts, and disciplines to draw conclusions, create solutions, and/or verify generalizations for a given purpose. MM.1.3 <p><i>Collaboration/Communication</i></p> <ul style="list-style-type: none"> Collective Intelligence: Students will be able to work respectfully and responsibly with others, exchanging 	<p>T1 Explore and hone techniques, skills, methods, and processes to create and innovate T2 Develop a product/solution that adheres to key parameters (e.g., cost, timeline, restrictions, available resources and audience).</p>	
	Meaning	
	Understandings	Essential Questions
	<p>U1 A menu provides a cohesive plan that must be followed with appropriate cooking methods, food presentation, style of service and consistency. U2 When planning a meal you must consider factors such as: flavors, colors, textures, shapes, sizes and temperatures of food. U3 There are various elements that go into figuring out the cost of a meal.</p>	<p>Q1 Why is time management and multitasking essential when preparing a meal? Q2 How can I make a cohesive meal? Q3 What makes a meal/menu appealing? Q4 How can I afford to make this meal? Q5 In what ways can I set as table for a given event?</p>
	Acquisition of Knowledge and Skill	
	Knowledge	Skills
<p>K1 Components of a meal: -Appearance- color - garnish -texture -flavor- complimentary flavors- variety of flavors -nutritional variety -portion sizes -recipe difficulty</p>	<p>S1 Develop and prepare a menu that incorporates all of the components of a meal. S2 Develop a menu that follows a budget. S3 Set a table correctly according to the menu.</p>	

Stage 1: Desired Results - Key Understandings

<p>and evaluating ideas to achieve a common objective. <i>MM.3.1</i></p> <ul style="list-style-type: none"> Product Creation: Students will be able to effectively use a medium to communicate important information (findings, ideas, feelings, issues, etc.) for a given purpose. <i>MM.3.2</i> 	<p>K2 Key principles of meal planning are: Adequacy, Balance, Variety, Moderation & Nourishment.</p> <p>K3 Consumerism strategies/techniques</p> <ul style="list-style-type: none"> -Food labels (components, terms, dates & requirements) -Budgeting -Shopping strategies -Advertising strategies -Unit pricing/cost per serving -Convenience foods <p>K4 There are four basic table settings.</p>	
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