Course Title: Gourmet Foods
Board Approval Date: 04/14/14
Credit / Hours: .5 credits

Course Description:

Gourmet Foods is an advance course that has been developed so students may have a opportunity to cultivate and refine culinary techniques and their tastes in food choices. They will also learn how to compute and compare the nutritional content of various foods. Students will have a wide range of recipes from which to choose as we strive to make "the ordinary extraordinary."

Learning Activities / Modes of Assessment:

Large group instruction	Quizzes
Laboratory experiments	Checklists / Teacher Observation
Small group work	Projects with Rubrics
Write-ups	

Instructional Resources:

Pennington, Jean A. Thompson, and Judith Spungen Douglass. *Bowes & Church's Food Values of Portions Commonly Used*. 18th ed. Philadelphia: Lippincott Williams & Wilkins, 2005. Print.

Gourmet Foods students utilize a vast selection of cookbooks, websites and other resource books (in classroom and in library) for information related to their units of study or to obtain recipes. Examples of websites accessed typically include www.foodnetwork.com, www.allrecipes.com, www.yummly.com.

Course Pacing Guide

Course: **Gourmet Foods**

Course Unit (Topic)	**Length of Instruction (Days/Periods)**
1. Introductions and Table Terms	10 days
2. Hosting	10 days
3. Safety and Sanitation	3 days
4. Food Labs (Differentiation)	37 days
5. Finishing Touches	10 days
6. Food Labs (Whole Group)	15 days
Total Days	85 Days

Topic: Unit 1 Introductions and Table Terms
Days: 10
Subject(s):
Grade(s):

Know:	Understand:	Do:
11.3.9.B – Important Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food. vocabulary terms basics of measuring safety and sanitation procedures	The difference between making food for nourishment and preparing a gourmet experience are two totally different approaches to cooking and baking	**11.3.9.B – Important** Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

Topic: Unit 2 Hosting
Days: 10
Subject(s):
Grade(s):

Know:	Understand:	Do:
11.3.9.F – Essential Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation). menu format meal planning strategies styles of table service etiquette table setting	Hosting is an art, which when done correctly contributes to the overall enjoyment of the diners and the host/hostess as well.	**11.3.9.F – Essential** Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).

Topic: Unit 3 Safety and Sanitation
Days: 3
Subject(s):
Grade(s):

Know:	Understand:	Do:
11.3.9.B – Important Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food. Typical food sources of food poisoning: salmonella, staphylococcus, clostridia perfringens, clostridia botulina The effects of heat on slamonella, staphylococcus, clostridia perfringens, clostridia botulina Symptomsof food born illness	How to prevent cross contamination Foods left in the Danger Zone have the potential for rapid bacteria growth How to reheat / refrigerate properly Personal hygiene can help prevent clostridia perfringens	**11.3.9.B – Important** Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

Topic: UNIT 4 ~ Food Labs (differentiation)
Days: 37
Subject(s):
Grade(s):

Know:

11.3.12.C – Essential
Evaluate sources of food and nutrition information.

11.3.9.D – Important
Analyze relationship between diet and disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol and heart disease; folate and birth defects; sodium and hypertension).

11.3.9.F – Essential
Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).

11.3.9.G – Important
Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.2.6.C – Essential
Classify the components of effective teamwork and leadership.

11.3.6.C – Essential
Analyze factors that effect food choices.

11.3.6.D – Essential
Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.

Understand:

Careful planning & accurate execution of sophisticated recipes requires time management, cooperation of group members, and knowledge of terminology / cooking methods, and an understanding of how to follow the chosen recipes.

Do:

11.3.12.C – Essential
Evaluate sources of food and nutrition information.

11.3.12.F – Essential
Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.

11.3.9.F – Essential
Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).

11.3.9.G – Important
Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.2.6.C – Essential
Classify the components of effective teamwork and leadership.

11.3.6.C – Essential
Analyze factors that effect food choices.

11.3.6.D – Essential
Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.

11.3.6.F – Essential
Analyze basic food preparation techniques and food-handling procedures.

11.3.9.D - Analyze relationship between diet and disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol and heart disease; folate and birth defects; sodium and hypertension).
11.3.6.G - Describe the physical, biological, and chemical changes that take place in food preparation.

Topic: UNIT 4 ~ Food Labs (differentiation)
Days: 37
Subject(s):
Grade(s):

Know:	Understand:	Do:
11.3.6.F – Essential Analyze basic food preparation techniques and food-handling procedures. **11.3.6.G – Important** Describe the physical, biological, and chemical changes that take place in food preparation. Essential information of their chosen labs (nutrition, culture, techniques, history, terminology, nutrition, cooking methods, food safety, etc.)		

Topic: Unit 5 Finishing Touches
Days: 10
Subject(s):
Grade(s):

Know:	Understand:	Do:
11.3.9.F – Essential Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation). How to do basic napkin folding the purpose of garnishing principles of effective tablescapes Do's and don'ts of basic hosting	Sensory Appeal increases a diner's overall eating experience, satisfaction, and pleasure during a meal The art of hosting can make a meal pleasurable for both the host/hostess and the guests	**11.3.9.F – Essential** Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).

Topic: Unit 6 Food Labs (whole group)
Days: 15
Subject(s):
Grade(s):

Know:	Understand:	Do:
11.3.9.G – Important Analyze the application of physical and chemical changes that occur in food during preparation and preservation. cookery methods evolution of 'brunch' tips for a successful brunch basic steps in making yeast breads how to braid yeast breads evolution of valentine's day and how it became a day for giving sweets and treats from the heart	Yeast bread recipes can require more or less flour depending on the humidity/weather Yeast breads take time When tips are followed for hosting a brunch, it can seem effortless and flawless for the guests and stress-free for the hostess	**11.3.9.G – Important** Analyze the application of physical and chemical changes that occur in food during preparation and preservation.