

FAMILY CONSUMER SCIENCE

CULINARY FUNDAMENTALS



CLASS OVERVIEW

In this course, students will apply fundamental culinary techniques, matters related to the preparation or cooking food, such as knife handling skills and the recognition, selection and proper use of tools and equipment. An emphasis will be placed on mise en place, the management of time, ingredients and equipment. Students will apply standard recipe conversions using proper scaling and measurement techniques. As students begin to explore this exciting and rewarding career, they will realize often people who work in commercial kitchens find great happiness in their work in the Foodservice Industry,

CAREER FOCUS

Overall jobs in the food service area have an employment outlook of good to favorable. Jobs related to commercial foodservices include businesses with the primary goal of preparing and selling food to make money. This includes restaurants, hotels, clubs, and catering. Many cooks and chefs have career in noncommercial foodservices settings such as: corporations, schools, universities, hospitals, military, travel, parks and recreation, stadiums, convention centers. Culinaricians may also choose to concentrate on one segment of foodservice such as casual dining, catering, institutional cooking or pastries. A job in the kitchen offers the chance to be creative and the driving passion for good food is what motivates most successful chefs and restaurateurs

CLASS HIGHLIGHTS:

Food and Nutrition

Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices.

Nutritional Information

Food Preparation

Apply strategies to make purchase decisions for self and family as well as prepare foods through different cooking methods to preserve nutrient values.

Personal Finance & Consumerism

Develop skills to achieve personal financial wellness and become an educated consumer.

QUESTIONS

For more information about Family Consumer Science - Food Sciences program, contact Mrs. Kadee Poiry, instructor, at 419-824-8570 ext. 5163 or cpoirysylvaniaschools.org