

SCOPE AND SEQUENCE

- I. Introduction to class (1 - 2 days)
 - A. Rules of the class
 - B. Orientation of room
 - C. Peer Tutor Orientation

- II. Kitchen Equipment (3 - 4 days)
 - A. Identify names, use and location of kitchen equipment in individual units.
 - B. Ranges and Ovens
 - 1. Compare the differences between the gas and electric stoves.
 - 2. Know how to operate both gas and electric stoves.

- III. Safety and Sanitation (3 - 4 days)
 - A. Identify and practice safety procedures in the kitchen.
 - B. Discuss safety rules.

- IV. Measuring (14 - 20 days)
 - A. Measuring Liquid Ingredients
 - 1. Identify the markings on a liquid measuring cup.
 - 2. Identify the differences and uses of a liquid measuring cup.
 - 3. Practice accurate measuring techniques.
 - B. Measuring Dry Ingredients
 - 1. Identify the set of dry measuring cups.
 - 2. Identify the use of dry measuring cup is used for.
 - 3. Practice accurate measuring techniques.
 - C. Measuring Spoons
 - 1. Identify the set of measuring spoons.
 - 2. Identify how to use the measuring spoon for measuring.
 - 3. Practice accurate measuring techniques.
 - D. Measuring Shortening
 - 1. Identify the use of dry measuring cup for measuring.
 - 2. Practice accurate measuring techniques.
 - E. Measurement on Containers
 - 1. Identify different containers measured by weight.
 - 2. Compare the difference between ounces and pounds.
 - 3. Identify common equivalents used in the kitchen.
 - F. Reading and Following a Recipe
 - 1. Identify the parts of a recipe.
 - 2. Practice preparing a recipe.

- V. Table Setting and Table Behavior (1 -2 days)
 - A. Review and practice acceptable table behavior.
 - B. Set a table using standard format.

- VI. Bread and Cereal (15 - 20 days)
 - A. Prepare recipes from the Bread and Cereal Group individually.
 - 1. Identify ingredients and utensils needed for recipe.
 - 2. Follow the steps correctly to prepare recipe.
 - 3. Pass off recipe independently.

- VII. Fruit and Vegetable Group (15 - 20 days)
 - A. Prepare recipes from the fruit and vegetable group individually.
 - 1. Identify ingredients and utensils needed for recipe.
 - 2. Follow the steps correctly to prepare recipe.
 - 3. Pass off recipe independently

- VIII. Egg Group (8 - 10 days)
 - A. Prepare egg recipes individually.
 - 1. Identify ingredients and utensils needed for recipe.
 - 2. Follow the steps correctly to prepare recipe.
 - 3. Pass off recipe independently.

- IX. Milk and Dairy Group (8 - 10 days)
 - A. Prepare recipes for the milk and dairy group individually.
 - 1. Identify ingredients and utensils needed for recipes.
 - 2. Follow the steps correctly to prepare recipe.
 - 3. Pass off recipe independently.

- X. Microwave Unit (15 - 20 days)
 - A. Use and Care of Microwave oven
 - 1. Compare the different features of the microwave oven.
 - 2. Identify safety and care of the microwave.
 - 3. Prepare foods in the microwave.

- XI. Holiday Recipes (1 - 2 days around Holiday Time)
 - A. Prepare Holiday Recipes.

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introduction to class teacher.				
Rules of class. Orientation for tutors/ prepare recipe as a class.				

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Seating chart. Go over units and stoves. Get acquainted with room. Students work on location of equipment.		Continue to work on equipment assignment.
Labor Day		Review equipment Worksheet: Kitchen Utensil Surprise.		VIDEO - Safety Identify what is wrong with kitchen? Safety rules. Show me assignment.
	Finish Get & Show. Tips for Safer Cooking.		Safety Lab Home assignment: Clean-Kitchen Detective 9/21	
VIDEO - on measuring Demonstrate measuring liquids. Home assignment: Measure liquids at home. Begin liquid measuring.		Finish up booklets. Review.		Talk about equivalents and measurements. Lab - Orange Julius Orange Julius at home.
	Filmstrip on measuring Demonstrate dry measuring. Students Demo Packet.			

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Practical Test - Pretzels		Practical Test - Grilled Cheese Sandwich, chips, carrot and celery sticks, milk. (Plan and prepare balanced meal)		CAREER LADDER DAY
Talk to Tutor. Explain data sheets. Tablessetting. Basic Four Groups. Homework #1 due 11/19		Begin Bread and Cereals day 1		Bread and Cereals day 2
	Bread and Cereals day 3		Bread and Cereals day 4	TEACHER COMP DAY
	Thanksgiving Lab - Pumpkin Cookies. Homework #2 due 12/10		THANKSGIVING	DAY
Bread and Cereals day 5				

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Bread and Cereals day 6		Bread and Cereals day 7
	Bread and Cereals day 8		Bread and Cereals day 9	
Bread and Cereals day 10 Homework #3 due 12/22		Christmas Lab - Popcorn Wreaths		Christmas Lab - Chocolate covered Pretzels
	Christmas Lab - Graham Cracker Sleighs Fill with pretzels Homework #4 due 1/4		C H R I S T M A S	
VACATION	VACATION	VACATION	VACATION	VACATION

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bread and Cereals day 11		Bread and Cereals day 12 Homework #5 due 1/14		Bread and Cereals day 13
	Bread and Cereals day 14		Bread and Cereals day 15	
MARTIN LUTHER KING DAY	Final written test.		Clean lab.	CAREER LADDER DAY
Introduction to class and teacher. Rules of class. Orientation for tutors/ prepare a recipe as a class.		Seating chart. Go over units and stoves. Get acquainted with room. Students work on location of equipment.		Continue to work on equipment assignment.

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Finish Get & Show Tips for Safer Cooking.</p>	<p>Review equipment worksheet. Kitchen Utensil Surprise</p>	<p>Safety Lab - 10 Taco Salad Clean-Kitchen Detective 2/17 Home assignment.</p>	<p>Video - Safety Identify what is wrong with kitchen. Safety Rules. Get & Show assignment.</p>	<p>Video on measuring - Demonstrate measuring liquids. Begin liquid packet. Home assignment - Measure at home due 2/17</p>
<p>PRESIDENTS DAY</p>	<p>Filmstrip on measuring. Demonstrate dry measuring Students demo. packet</p>	<p>Finish up booklets. Review.</p>	<p>Continue dry measuring packet.</p>	<p>Talk about equivalents and measurements. Lab - Orange Julius Home assignment - Orange Julius at home due 2/25</p>

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Measuring spoons and shortening packet.		Lab - Pretzels		Lab - Chocolate Chip Cookie. Home assignment due 2/15
	Reading and following a recipe. Refrigerator cookie assignment. Parts of a recipe.		Assignment at home - See if they have ingredients for given recipes. Measuring Test.	
Practice preparing breakfast for St. Patrick's day.		St. Patrick's Day Breakfast Guests invited.		
	Practical Test - Pretzels		Practical Test - Grilled Cheese Sandwich, chips, carrot/celery sticks, milk (Plan and prepare balanced meal)	CAREER LADDER DAY
	Talk to tutors Explain data sheets Tablesetting Basic Four Groups Homework #1 due			

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Fruit & Vegetable day 1	
Easter Lab		Easter Lab		Spring Break
	Fruit & Vegetable day 2 Homework #2 due 4/27		Fruit & Vegetable day 3	
Fruit & Vegetable day 4		Fruit & Vegetable day 5		Fruit & Vegetable day 6
			Fruit & Vegetable day 8	
	Fruit & Vegetable day 7 Homework #3 due 5/11			

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit & Vegetable day 9		Fruit & Vegetable day 10		Fruit & Vegetable day 11
	Fruit & Vegetable day 12 Homework #4 due 5/25		Fruit & Vegetable day 13	
Fruit & Vegetable day 14		Fruit & Vegetable day 15		Fruit & Vegetable day 16
	Congratulations Banana Split Day Homework #5 due 6/1		Written final test.	

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Clean Lab Go over grades			