

International Foods Classroom Syllabus

Class Text: *Foods for Today, 2004*

Class Structure:

- Book ó Foods for Today
- Grading Procedure:
 - Notes
 - Worksheets
 - Tests
 - Labs
 - Projects
 - Attendance and Participation
 - Please note that your attendance is critical in your ability to do well in this class. You are expected to make up all work missed. Work not turned in or obtained due will result in a 00.
 - Semester Exam
 - Keep all notes and exams for preparation of this exam

Units of Study:

Unit I – Mastering Skills in the Kitchen

- 0Kitchen Principles0 ó Chapter 7
 - Food Network ó Kitchen Terms
 - 0Getting to know the kitchen0
 - 0Safety and Sanitation in the Kitchen0
 - Video ó 0Safety and Sanitation in the Kitchen0
 - Safety Exam
- 0Recipe Skills0 ó Chapter 8
 - Measurement
 - Recipe Basics
 - Changing Recipes
 - Time Management
 - Culinary Techniques
 - 0Flipping Foods0
 - Working with Spices and Herbs
- 0Cooking Methods0 ó Chapter 9
 - Equipment for Cooking
 - Heating and Cooking
 - Cooking Appliances
 - Cooking Tools

- "Where Does Food Come From" ó Chapter 13
 - Where Does Food Come From
 - A Safe Food Supply
 - The Global Food Supply

Unit II – Understanding Cultural Foods and Traditions

- International Food Guide Pyramids
 - Project Poster
- "Foods of the Real World" ó Chapter 22
 - Latin America ó 22.1
 - International Foods Labs ó Latin America
 - Europe ó 22.3
 - Videos ó "French & Italian Bread", "Edible Italian History", & "The Italian Kitchen":
 1. Lab ó Italian Foods
 - Video ó "Foods from Greece"
 1. Lab ó Greek Dessert
 - Asia and the Pacific ó 22.4
 - Video ó "The Japanese Kitchen"
 - Video ó "The Chinese Kitchen"
 - Videos ó "Hunan Treasurers" and "Dishes from the Court of Peking"
 1. Lab ó Asian Food
- "Foods of the U.S. and Canada"
 - Regional foods of the East, Midwest, and South
 - Video ó "New Orleans Dishes"
 1. Lab ó American Culture
 - Regional Foods of the West and Canada
 - Video ó "Barbecue Southern Style"
 1. Lab ó American/Canada

Unit III – Life Span Nutrition Topics

- Special Topics in Nutrition
 - Food and the Life Span ó Chapter 6 ó 6.1
 - Prenatal nutrition
 - Infancy
 - Childhood
 - Adolescence
 - Adulthood
 - Managing Health Conditions ó Chapter 6 ó 6.2
 - Eating Disorders ó Chapter 6 ó 6.3

