International Foods
Classroom Syllabus

Class Text: *Foods for Today, 2004*

Class Structure:
- Book ï Food 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 F
  - Semester Exam
    - Keep all notes and exams for preparation of this exam

Units of Study:

Unit I – Mastering Skills in the Kitchen

- ñKitchen Principlesî Chapter 7
  - Food Network ñ Kitchen Terms
  - ñGetting to know the kitchenî
  - ñSafety and Sanitation in the Kitchenî
  - Video ñ Safety and Sanitation in the Kitchenî
  - Safety Exam

- ñRecipe Skillsî Chapter 8
  - Measurement
  - Recipe Basics
  - Changing Recipes
  - Time Management
  - Culinary Techniques
    - ñFlipping Foodsî
  - Working with Spices and Herbs

- ñCooking Methodsî Chapter 9
  - Equipment for Cooking
  - Heating and Cooking
  - Cooking Appliances
  - Cooking Tools
Where Does Food Come From – Chapter 13
  o Where Does Food Come From
  o A Safe Food Supply
  o The Global Food Supply

Unit II – Understanding Cultural Foods and Traditions

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

Unit III – Life Span Nutrition Topics

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