# Culinary Fundamental - Lesson Plan

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| Time allocated | Work to be covered | Teaching method/learner activities | Resources |
| Session 1  1.5 hours - Study  1.5 hours - Assignment | 2.0 What is Culinary?  2.0.1 Culinary Skills Objective  • 2.0.1.1 Receive, store & check goods  • 2.0.1.2 Organize yourself for better time management & multi-tasking performance  • 2.0.1.3 Acquire preliminary food preparation techniques & cutting methods  • 2.0.1.4 Learn classic bases & sauces  • 2.0.1.5 Learn fundamental cooking methods  • 2.0.1.6 Learn French pastry arts fundamental techniques  • 2.0.1.7 Plate and serve final food preparations  2.0.2 A Brief History of the Culinary Art, And Its Principal Methods  2.0.3 Careers of culinary professionals  • 2.0.3.1 COOKING & PASTRY  • 2.0.3.2 MANAGEMENT  • 2.0.3.3 SPECIALTY | * Self study * Tutor explanation | * PowerPoint Presentations * Multimedia Resources |
| Session 2  1.5 hours - Study  1.5 hours - Assignment | 2.1 The Concepts for any professional cook or chef  2.1.1 What Is Culinary Nutrition?  2.1.2 What is Food safety?  2.1.3 What is Food science?  2.2 The purpose & uses for math in the professional kitchen  2.2.1 Why Is Math Essential in the Culinary Field?   * 2.2.1.1 Math Skills * 2.2.1.2 Measuring Ingredients * 2.2.1.3 Altering Recipes * 2.2.1.4 Converting Recipes   2.2.2 How is it used?   * 2.2.2.1 Math and the Food Budget * 2.2.2.2 Math and Meal Planning * 2.2.2.3 Math and Grocery Shopping * 2.2.2.4 Math and the Oven * 2.2.2.5 Math and Stove Top Cooking * 2.2.2.6 Math and Measuring Ingredients   2.2.3 Conversions  2.3 Tools of the trade in culinary  2.3.1 Types of kitchen equipment   * 2.3.1.1 Small electrical equipment * 2.3.1.2 Measuring equipment * 2.3.1.3 Hand tools   2.3.1.4 Knives | * Self study * Tutor explanation | * PowerPoint Presentations * Multimedia Resources |
| Session 3  1.5 hours - Study  1.5 hours - Assignment | 2.4 Ingredients found in a professional kitchen  2.4.1 Oils, Vinegars and Condiments  2.4.2 Seasonings  2.4.3 Canned Goods and Bottled Items  2.4.4 Grains and Legumes  2.4.5 Baking Products  2.4.6 Refrigerator Basics  2.4.7 Freezer Basics  2.4.8 Storage Produce  2.5 Basic Cooking Skill  2.5.1 Basic Cooking Skill  • 2.5.1.1 Dry Heat and Moist Heat Cooking  • 2.5.1.2 "Dry" Oil and Other Fats  • 2.5.1.3 Choosing the Right Cooking Technique  2.5.2 Dry Heat Cooking  • 2.5.2.1 Sautéing & Pan-Frying  • 2.5.2.2 Roasting & Baking  • 2.5.2.3 Broiling & Grilling  • 2.5.2.4 Deep-Frying  2.5.3 Moist Heat Cooking  • 2.5.3.1 Braising & Stewing  • 2.5.3.2 Poaching, Simmering & Boiling  • 2.5.3.3 Boiling, Simmering and Poaching characteristics:  • 2.5.3.4 Steaming  2.6 Cuts of Meat Diagrams  2.6.1 Cuts of Beef  2.6.2 Cuts of Pork  2.6.3 Cuts of Lamb | * Self study * Tutor explanation | * PowerPoint Presentations * Multimedia Resources |
| Session 4  1.5 hours - Study  1.5 hours - Assignment | 2.7 Stocks, Sauces, and Soups  2.7.1 Stock  • 2.7.1.1 three major uses for stock  • 2.7.1.2 Contains four essential parts: a major flavoring ingredient, liquid, aromatics, and mirepoix.  • 2.7.1.3 Types of stock:  2.7.2 Sauce  • 2.7.2.1 Mother sauce  2.7.3 Soup  2.8 Fruits & Vegetables  2.8.1 Fruits  2.8.2 Vegetable  2.9 Starch  2.10 Global Cuisine  2.10.1 Types of Cuisine  2.10.1.1 Asia  2.10.1.1.1 East Asia  • 2.10.1.1.1.1 Japan  • 2.10.1.1.1.2 China  2.10.1.1.2 South Asia  • 2.10.1.1.2.1 India  2.10.1.2 Europe  2.10.1.2.1 Western Europe  2.10.1.3 North America  2.10.1.3.1 United States  2.10.1.4 South America  2.10.1.5 Oceania  2.10.1.5.1 Australia  2.10.1.5.2 New Zealand | * Self study * Tutor explanation | * PowerPoint Presentations * Multimedia Resources |