

# Culinary Arts Course Layout and Cooking Schedule

In order to provide Luther learners with an AMAZING culinary experience, students are asked to bring in KEY ingredients we will be using weekly. This could be problematic if a student assigned ingredients doesn't bring them in as it may mean our class will not be able to fully participate in the cooking experience. Therefore, it is **super important** that kids are responsible to bring in their ingredient when due - TUESDAYS of the week list. Below is the list of items. What your child is responsible for bringing in is highlighted below. KEEP THIS POSTED ON YOUR REFRIGERATOR.

**It will also be available on my website: [www.myclasscancook.com](http://www.myclasscancook.com)**

\*Let me know if this is a problem ASAP. Thanks! [lisaraluy@burbankusd.org](mailto:lisaraluy@burbankusd.org)

<p><b>Week of:</b> <i>August 16th</i></p> <p><b>Topic:</b> <b>Proper Food Handling</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Proper hand washing practice in the kitchen; TED talk (handwashing); Food Handling Packet; Food Handling Videos; <i>Proper Food Handling Quiz</i>; Foodborne Illness Worksheet</li> </ul> <p><b>In the Kitchen:</b> Properly washing dishes and keeping the kitchen clean</p> <p><b>Materials Needed:</b> 1 (5-pound) bag of all purpose flour 1 bottle canola oil</p> <div data-bbox="992 604 1479 779" style="border: 1px solid black; padding: 5px;"> <p><b>Students Assigned</b> <b>Hailey, Frankie, Cesar</b></p> </div>
<p><b>Week of:</b> <i>August 23rd</i></p> <p><b>Topic:</b> <b>Kitchen Safety</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Kitchen safety worksheet with Google slide presentation; <i>Kitchen Safety Quiz</i>; Kitchen safety videos; Kitchen Safety Partner (Kitchen) Poster</li> </ul> <p><b>In the Kitchen:</b> Tour of Kitchen; kitchen logistics, kitchen assignments</p> <p><b>Materials Needed:</b> 1 bottle EXTRA VIRGIN olive oil 1 pound UNSALTED BUTTER</p> <div data-bbox="992 1087 1479 1241" style="border: 1px solid black; padding: 5px;"> <p><b>Students Assigned:</b> <b>Evan, Gabby, Elliot, Ares</b></p> </div>
<p><b>Week of:</b> <i>August 30th</i></p> <p><b>Topic:</b> <b>Knife Skills</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Utensils; <i>Utensils Quiz</i></li> <li>Knife skills video; <i>Good Eats</i> cuts an onion; TED ED <i>History of the Potato</i></li> </ul> <p><b>In the Kitchen:</b> Practice Cuts (julienne, chop, dice, cube, slice) <b>WE COOK: HASSELBACK POTATOES</b></p> <p><b>Materials Needed:</b> 1 bunch fresh Italian parsley 1 (5-pound) bag Yukon Gold potatoes</p> <div data-bbox="992 1507 1479 1682" style="border: 1px solid black; padding: 5px;"> <p><b>Students Assigned:</b> <b>Josh; Daniela; Jocelyn; Max</b></p> </div>
<p><b>Week of:</b> <i>September 6th</i> <i>*Labor Day</i></p> <p><b>Topic:</b> <b>Soup</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes worksheet:</b> Food Allergies</li> </ul> <p><b>In the Kitchen:</b></p> <ul style="list-style-type: none"> <li>Vegetable prep for soup</li> </ul> <p><b>WE COOK: CHICKEN AND RICE SOUP</b></p> <p><b>Materials Needed:</b> 1 BUNCH fresh carrots (not baby, please), 1 bunch celery, two brown onions, three lemons, one bunch fresh Italian parsley</p> <div data-bbox="992 1843 1479 1976" style="border: 1px solid black; padding: 5px;"> <p><b>Students Assigned:</b> <b>Luna; Matthew; Seth; Amy</b></p> </div>

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<p><i>Week of:</i> <i>September 13th</i></p> <p><b>Topic:</b> <b>Eggs</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>The many culinary uses for eggs.</li> </ul> <p><b>In the Kitchen:</b> How to make the perfect hard-boiled egg <b>WE COOK: BREAKFAST TACOS</b></p> <p><b>Materials Needed:</b> 5 Roma tomatoes; 1 bunch cilantro; 1 package “street” taco size corn tortillas; one red onion</p>	<p><b>Students Assigned:</b> <b>Araksi; Nicky; Dash; Carter</b></p>
<p><i>Week of:</i> <i>September 20th</i></p> <p><b>Topic:</b> <b>Fruits</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Personification of a Fruit paragraph</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: MANGO AVOCADO SPRING ROLLS</b></p> <p><b>Materials Needed:</b> 2 avocados; 1 head Napa cabbage; 2 large mangos; 1 bunch fresh cilantro</p>	<p><b>Students Assigned:</b> <b>Pond; Moris; Angel; Isabella</b></p>
<p><i>Week of:</i> <i>September 27th</i></p> <p><b>Topic:</b> <b>Vegetables</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Measurement and Equivalents</li> <li>Newsela article - <i>A Short History of Farming and Agriculture</i>; TED ED video <i>A History of Corn</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: BLANCHED BROCCOLI WITH LEMON AND PARMESAN CHEESE</b></p> <p><b>Materials Needed:</b> 2 pounds whole broccoli head (not bagged broccoli florets); 1 wedge parmesan cheese; 3 lemons</p>	<p><b>Students Assigned:</b> <b>Hayden; Eduardo, Hailey; Frankie</b></p>
<p><i>Week of:</i> <i>October 4th</i></p> <p><b>Topic:</b> <b>Crudite and Dip</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Ingredients used in Cooking; TED ED video <i>Importance of Salt and Pepper</i></li> </ul> <p><b>In the Kitchen:</b> Each kitchen gets to create their own crudite platter (vegetables) with their choice of dip! <b>WE COOK: CRUDITE AND DIP</b> *this is your choice and each kitchen will need to supply their own vegetables and ingredients for their dip. <b>Each crudite platter MUST HAVE 4 different vegetables.</b></p> <p><b>Materials Needed Vary by Kitchen:</b> Each kitchen will have to figure out their food materials.</p>	
<p><i>Week of:</i> <i>October 11th</i></p> <p><b>Topic:</b> <b>Salad</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet:</b> Food in History</li> </ul> <p><b>In the Kitchen:</b> Each kitchen gets to create their own salad with their choice of HOMEMADE dressing! <b>WE COOK: SALAD AND DRESSING</b> *this is your choice and each kitchen will need to supply their own vegetables, protein, grain and ingredients for their dressing.. <b>Each salad MUST HAVE 4 different vegetables, 1 protein and 1 grain. PLUS, a homemade dressing.</b></p> <p><b>Materials Needed Vary by Kitchen:</b> Each kitchen will have to figure out their food materials.</p>	

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<p><i>Week of:</i> <i>October 18th</i></p> <p><b>Topic:</b> <b>Pasta</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Pasta Worksheet with Pasta Google Slides; <i>Pasta Quiz</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: FRESH NOODLES WITH GARLIC CREAM SAUCE</b></p> <p><b>Materials Needed:</b> 1 pint heavy cream; 1 wedge parmesan cheese; 1 bunch Italian flat leaf parsley</p>	<p><b>Students Assigned:</b> <b>Cesar; Gabby; Evan</b></p>
<p><i>Week of:</i> <i>October 25th</i></p> <p><b>Topic:</b> <b>Dumplings</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Different countries, different dumplings</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: SOUP DUMPLINGS</b></p> <p><b>Materials Needed:</b> 1 quart chicken stock; 1 package gyoza wrappers (round); 1 bunch cilantro; 2 bunches scallions; 1 piece fresh ginger</p>	<p><b>Students Assigned:</b> <b>Ares; Elliot; Josh; Max</b></p>
<p><i>Week of:</i> <i>November 1st</i></p> <p><b>Topic:</b> <b>Dairy</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Dairy Google Slides and Worksheet; <i>Dairy Quiz</i>; Cheese Handout/ possible tasting</li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: SWEDISH MEATBALLS</b></p> <p><b>Materials Needed:</b> 1 quart chicken stock; 1 quart heavy cream; 1 package bread crumbs; 1 bunch Italian parsley</p>	<p><b>Students Assigned:</b> <b>Jocelyn; Daniela; Luna; Matthew</b></p>
<p><i>Week of:</i> <i>November 8th</i></p> <p><b>Topic:</b> <b>Yeast-Based Breads</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet</b> - Ingredients used in Baking; Basics of Bread Google Slides and worksheet; <i>Basics of Bread Quiz</i>; TED ED video - <i>What is Gluten?</i>; <i>Math at Work</i> Video</li> </ul> <p><b>In the Kitchen:</b> <b>WE BAKE: CHALLAH BREAD</b></p> <p><b>Materials Needed:</b> 1 (5-pound) bag bread flour ; 1 pound UNSALTED butter; 1 package sesame seeds</p>	<p><b>Students Assigned:</b> <b>Seth; Amy; Nicky; Araksi</b></p>
<p><i>Week of:</i> <i>November 15th</i></p> <p><b>Topic:</b> <b>Quick Breads</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li><b>Culinary Themes Worksheet</b> - <i>Basics of Bread Quiz</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE MAKE: PUMPKIN PANCAKES with MAPLE BUTTER</b></p> <p><b>Materials Needed:</b> 1 (15-ounce) can pumpkin puree; 1 quart milk, 1 package confectioners' sugar</p>	<p><b>Students Assigned:</b> <b>Carter; Dash; Moris; Pond</b></p>

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<p><i>Week of:</i> <i>November 22nd</i></p> <p><b>Topic:</b> <b>Thanksgiving</b></p>	<p><b>In the Classroom:</b> History of Thanksgiving Google Slides</p>
<p><i>Week of:</i> <i>November 29th</i></p> <p><b>Topic:</b> <b>Meat</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>Understanding Meat; <i>Meat Quiz</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE COOK: BEEF OR TURKEY CHILI</b></p> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-top: 10px;"> <p><b>Students Assigned:</b> <b>Hayden; Angel; Isabella; Eduardo</b></p> </div> <p><b>Materials Needed:</b> 2 cans cannellini beans, 2 quarts chicken stock; 2 cans fire-roasted diced tomatoes; 2 large brown onions</p>
<p><i>Week of:</i> <i>December 6th</i></p> <p><b>Topic:</b> <b>16th Annual Cookie Contest</b></p>	<p><b>In the Classroom:</b></p> <ul style="list-style-type: none"> <li>TED ED <i>Chemistry of a Cookie</i>; Newsela article <i>Eating Raw Cookie Dough</i></li> <li>Each kitchen must submit a recipe using the provided “recipe template” in Google classroom. Recipes must contain a picture of the cookies the kitchen created.</li> <li>Luther Staff judge cookies based on: <i>creativity, taste and presentation.</i></li> </ul> <p><b>In the Kitchen:</b> <b>WE BAKE: COOKIES!!</b> Each kitchen prepares cookies for the contest.</p> <p><b>Materials Needed:</b> These will depend on cookie recipes chosen by each kitchen and each kitchen is responsible to bring in what they need except for: flour, sugars, eggs, spices, unsalted butter, baking soda and baking powder.</p>

**Week of December 13th: Kitchen Clean-Out and Final Exam.**