

**Foods 2
Course Outline
Mrs. Fritchtnitch**

Course Introduction and Nutrition

2 weeks

- Safety and Sanitation Review
- Nutrition information
- Fat Free Brownie Lab
- Introduction and Nutrition Quiz

Grains

Total: 5 weeks

Yeast Breads (2 weeks)

- Yeast Dough Information
- Cinnamon Roll lab
- Pizza Braid Lab
- Yeast Bread Recipe - Home Assignment
- Yeast Breads Quiz

Pasta/Culinary Technique (3 weeks)

- Pasta Information
- Fresh Made Pasta Lab
- Culinary Cuts (vegetables)
- Pasta Primavera Lab
- Lo Mien Noodles Lab
- Pasta / Culinary Quiz

Poultry and Meat

2 weeks

- Poultry Information
- Cheap Chicken Noodle Soup Lab
- Poultry Quiz

- Meat Information
- Beef Taco Ring
- Meat Quiz

Culinary Foods **2 weeks**

- Culinary / Cooking Terminology
- Crepe lab – Sausage and Chicken filling
- Fresh Cut Vegetable Salsa
- Culinary / Cooking Quiz

Pastry **2 weeks**

- Two-Crust Fruit Pie
- Cream Puffs
- Pastry Quiz

Cake Decoration **2 weeks**

- Design, Create, and Decorate Layered Cake
- Cake Quiz

My Plate Menu Project **3 weeks**

- Create & Design Menu as lab group
- Class Consensus of Menu items for Food Prep
- My Plate Menu Lab
- Class Consensus of Healthy Physical Activity

Comprehensive Review / Exam

*Course Layout is subject to change due to lab availability