

Culinary Program for Cloonan Middle School

Program Day: Monday, Tuesday & Thursday
Class Time: 3:30 pm -4:30 pm (1Hour)

Overview:

The purpose of Jackie's Kidz™ Culinary Academy at Cloonan Middle School is to introduce healthy foods/practices. According to the Centers for Disease Control and Prevention, as of 2012, more than one third of children and adolescents were overweight or obese. The CDC warns that children who are obese are more likely to be obese as adults, putting them at greater risk for Heart Disease, Type 2 Diabetes and other health problems. Our goal is to help avoid the development of chronic health problems.

By teaching the students basic knife skills, basic culinary skill and food/product identification, our goal is to help cultivate positive eating behaviors. During the first class, students are already on their way to becoming "Foodies". A Foodie is not just someone who goes out to eat at the fanciest restaurants. A Foodie enjoy an array of different foods, be it cultural, organic, or of a special diet. A Foodie can identify flavors and ingredients. Lastly, a Foodie can make wise choices about the food they eat and enjoy.

Students will develop their creativity, time management, budgeting, math/fraction comprehension and teamwork. They will achieve this by participating in food-based challenges i.e. "Chopped"&"Chef Tayla's Grocery Games". Students will gain a sense of confidence in themselves to push culinary boundaries and accomplish their food visions. These activities will also encourage a sense of independence and self-empowerment.

Mondays and Thursdays are hands on learning days; students will hone their knife skills and create healthy, delicious foods that can be remade with family.
Tuesdays are Primarily our Academic Days, we will focus on core learning related to food and nutrition.

Things you will need for this program:

- A positive attitude and a desire to learn how to cook
- Rubber sole shoes (open toe shoes and soft soles are not permitted)

Tuesday - 10/9/2018

Orientation of CASA Program

Session I - 10/15/2018 – 11/08/2018

Week 1- Introduction/Orientation

Monday - 10/15/2018

About Chef Tayla

About Me Icebreaker

- Name
- Favorite Food

Introduction of Class

- Jackie's Kidz™ Culinary Academy Pledge
- How the Pledge relates to the kitchen/ cooking
- Healthy Eating
- What is Healthy Eating?
- Who can be a "Foodie"
- Definition of being a "Foodie"

Expectations / Kitchen guidelines

- Review of Jackie's Kidz™ Pledge
- Kitchen Cleanliness (brief)
- Hygiene & Handwashing

Tuesday - 10/16/2018

How to use a Knife

Knife Safety

Identifying Knives

Recipe: Pico de Gallo with Tortilla Chips

Thursday - 10/18/2018

Knife Skills Continued

Sustainability/ Reducing Food Waste

Introduction to Food Label Reading – Ingredients

Recipe: Chickpea pasta with Fresh tomato sauce

Week 2

Monday - 10/22/2018

Recipe: Hummus with Pita Chips and Veggies

Students are given assignments:

- 1- Recipe Reader
- 2- Vegetable Prep/Cutting

- 1- Measuring Ingredients
- 1- Using Food Processor
- Introduction to Plating / Presentation

Tuesday - 10/23/2018

Quiz:
Knife Identification
Favorite Food Project – Beginning

Thursday - 10/25/2018

Label Reading Ingredients & Nutrition
Recipe: Pita Pizza

Week 3

Monday - 10/29/2018

Recipe: Healthy Candied Apples

Tuesday - 10/30/2018

Kitchen Safety with Mr. Tim
-Kitchen safety quiz

Thursday - 11/01/2018

Favorite Food Project

- How to make it Healthy
- Healthy Portions (Handout)

Finding Recipes from Cookbooks (Group Project)
Identifying Measurements
Identifying Measurements (Worksheet)

Week 4

Monday - 11/05/2018

Executing recipes from cookbooks (4 classes)

Tuesday – 11/06/2018

SCHOOL CLOSED

Thursday – 11/08/2018

Recipe: From 11/1's lesson plan

Session II - 11/12/2018 – 12/06/2018

Week 5

Monday - 11/12/2018

SCHOOL CLOSED

Tuesday - 11/13/2018

- Temperatures
- Washing Vegetables
- Importance of washing fruits and vegetables
- Food Safety

Recipe: From 10/29's lesson plan

Thursday - 11/15/2018

How to set the Table

Eating Seasonally- What's in Season

Recipe: Sautéed Butternut Squash Hash

Week 6

Monday - 11/19/2018

Recipe: Thanksgiving Trail Mix

Tuesday - 11/20/2018

Dining Etiquette

Thursday - 11/22/2018

NO SCHOOL

Week 7

Monday - 11/26/2018

Recipe: Sugar & Sweetener Free Birthday Cake

Tuesday - 11/27/2018

Fall Fruits

Recipe Math

Thursday - 11/29/2018

Recipe: Whole Wheat Oatmeal Jam Bars

Week 8

Monday - 12/03/2018

Recipe: Chopped Competition

Jackie's Kidz Culinary Academy
Session I - 10/15/2018 – 11/08/2018
Session II - 11/12/2018 – 12/06/2018

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10/12/2018
Document Created by:
Chef, Tayla Harper-Johnson

Tuesday – 12/04/2018

Fall Vegetables

Mise en Place / Kitchen Vocabulary

Thursday – 12/06/2018

Recipe: Chopped Competition

- Certificate of completion
- Recipe book
- Gifts