



# Introduction to Culinary Arts Unit 3: Meal Planning (Final Exam)

## Unit Focus

This final unit of study will serve as the final examination. Students will learn how to plan and prepare a cohesive meal. There will be a focus on consumer skills and budgeting. The PBA is a comprehensive project where students plan and prepare a meal for guests. This includes menu planning, budgeting, shopping, food preparation, hosting, and cleaning.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<b>Connecticut Goals and Standards</b> <i>Family and Consumer Science: 12</i> <ul style="list-style-type: none"><li>• Apply team strategies to achieve success in the kitchen; 8.25</li><li>• Demonstrate commercial preparation for all menu categories to produce a variety of food products; 8.23</li><li>• Demonstrate facility procedures applied to safety, security, and environmental issues; 8.17</li><li>• Demonstrate food safety and sanitation procedures; 8.20</li><li>• Demonstrate menu planning based on standardized recipes to meet customer needs; 8.22</li><li>• Demonstrate selecting, using, and maintaining food production equipment; 8.21</li><li>• Prepare a variety of food products that meet the needs of individual lifestyles and cultures; 7.21</li></ul> <b>Madison Public Schools Profile of a Graduate</b> <ul style="list-style-type: none"><li>• Collective Intelligence: Working respectfully and responsibly with others, exchanging and evaluating ideas to achieve a common objective. (POG.3.1)</li><li>• Product Creation: Effectively use a medium to communicate important information. (POG.3.2)</li></ul>	<i>Students will be able to independently use their learning to...</i> <b>T1</b> Explore and hone techniques, skills, methods, and processes to create and innovate <b>T2</b> Develop a product/solution that adheres to key parameters (e.g., cost, timeline, restrictions, available resources and audience).	
	<b>Meaning</b>	
	<b>Understanding(s)</b>	<b>Essential Question(s)</b>
	<i>Students will understand that...</i> <b>U1</b> A menu provides a cohesive plan that must be followed with appropriate cooking methods, food presentation, style of service and consistency. <b>U2</b> When planning a meal you must consider factors such as: flavors, colors, textures, shapes, sizes and temperatures of food. <b>U3</b> There are various elements that go into figuring out the cost of a meal.	<i>Students will keep considering...</i> <b>Q1</b> Why is time management and multitasking essential when preparing a meal? <b>Q2</b> How can I make a cohesive meal? <b>Q3</b> What makes a meal/menu appealing? <b>Q4</b> How can I afford to make this meal? <b>Q5</b> In what ways can I set as table for a given event?
	<b>Acquisition of Knowledge and Skill</b>	
	<b>Knowledge</b>	<b>Skill(s)</b>
	<i>Students will know...</i> <b>K1</b> Components of a meal: <ul style="list-style-type: none"><li>-Appearance- color - garnish</li><li>-texture</li><li>-flavor- complimentary flavors- variety of flavors</li><li>-nutritional variety</li><li>-portion sizes</li></ul>	<i>Students will be skilled at...</i> <b>S1</b> Develop and prepare a menu that incorporates all of the components of a meal. <b>S2</b> Develop a menu that follows a budget. <b>S3</b> Set a table correctly according to the menu.

## Stage 1: Desired Results - Key Understandings

	<ul style="list-style-type: none"><li>-recipe difficulty</li></ul> <p><b>K2</b> Key principles of meal planning are: Adequacy, Balance, Variety, Moderation &amp; Nourishment.</p> <p><b>K3</b> Consumerism strategies/techniques</p> <ul style="list-style-type: none"><li>-Food labels (components, terms, dates &amp; requirements)</li><li>-Budgeting</li><li>-Shopping strategies</li><li>-Advertising strategies</li><li>-Unit pricing/cost per serving</li><li>-Convenience foods</li></ul> <p><b>K4</b> There are four basic table settings.</p>	
--	--	--