



High School Culinary Arts Curriculum Overview (28 Weeks)

Audience: Grades 9–12, Beginners

Goal: Introduce students to professional kitchen standards, nutrition, and meal preparation while developing teamwork and creativity.

Unit 1 – Introduction & Safety (Weeks 1–3)

- Kitchen orientation and sanitation.
- Understand class expectations, grading, and kitchen protocols.
- Demonstrate proper handwashing and sanitation.
- Identify and safely use basic kitchen equipment.
- Learn knife safety, cutting techniques, and common terms (dice, julienne, mince).

Activities: Kitchen tour & safety scavenger hunt, Handwashing demo with UV germ lotion, Knife skills practice (carrots, celery, onions), Breakfast (eggs, bacon, pancakes)

Unit 2 – Measurement, Tools & Recipe Reading (Weeks 4–5)

- Precision and organization.
- Learn measurement equivalents (teaspoons, tablespoons, cups, ounces).
- Follow a recipe from start to finish

Activities: kitchen tools quiz, and completing a recipe



Unit 3 – Nutrition & Healthy Choices (Weeks 6–7)

- Balanced eating and meal planning.
- Identify food groups and nutrients.
- Explain the role of vitamins, protein, carbohydrates, and fats.
- Recognize portion sizes and MyPlate guidelines.

Activities: Create a “Healthy Lunch” menu.

Unit 4 – Breakfast Cookery (Weeks 8–9)

- Eggs, grains, and morning meal techniques.
- Cook eggs using multiple methods (scrambled, fried, omelet).
- Prepare quick breads and breakfast sides.
- Discuss breakfast’s importance for energy and focus.

Activities: Egg cookery lab, Muffin and biscuit lab, Mini meal: complete breakfast plate.

Unit 5 – Fruits, Vegetables & Salads (Weeks 10–11)

- Fresh produce, presentation, and knife refinement.
- Identify and prepare seasonal fruits/vegetables.
- Create basic dressings and vinaigrettes.
- Apply color, texture, and flavor balance.

Activities: Stir-fry lab, Build-your-own salad lab, Salad dressing taste test and evaluation.



Unit 6 – Grains, Pasta & Rice (Weeks 12–13)

- Starches and cooking methods.
Differentiate between whole and refined grains.
- How to cook pasta and rice properly.
- Pair starches with proteins and vegetables.

Activities: Pasta lab (homemade or boxed), Fried rice or pilaf lab, Pasta sauce creation challenge.

Unit 7 – Proteins: Poultry, Beef & Plant-Based (Weeks 14–16)

- Cooking meats safely and exploring alternatives.
- Identify cuts of meat and safe internal temperatures.
- Demonstrate pan-searing, grilling, and baking.
- Explore plant-based proteins (tofu, beans, lentils).

Activities: Chicken fajita or baked chicken lab, Plant-based chili lab, Protein safety quiz.

Unit 8 – Baking & Pastry Basics (Weeks 17–19)

- Precision baking and desserts.
- Explain leavening agents and baking ratios.
- Make cookies, quick breads, and simple pastries.
- Decorate using basic techniques.

Activities: Cookie lab (experiment with texture), Cupcake decorating, Sweet vs. savory baking project.

Unit 9 – International Cuisine (Weeks 20–22)

- Global food appreciation.
- Explore foods from different cultures.
- Identify flavor profiles and ingredients from various regions.
- Prepare a dish from another country.



Activities: Choose-a-country cooking project (student groups), Cultural presentation and tasting day.

Unit 10 – Meal Planning & Budgeting (Weeks 23–24)

- Real-world food management.
- Create balanced menus on a budget.
- Plan grocery lists and cost out recipes.
- Apply time management in the kitchen.

Activities: Grocery store budget simulation, “\$10 Meal Challenge.”

Unit 11 – Full Meal Preparation (Weeks 25–27)

- Collaboration and final project.
- Work as a team to prepare a 2- or 3-course meal.
- Demonstrate all learned skills.
- Present and serve the meal professionally.

Activities: Team menu development, Prep and execution days, Class tasting and critique.

Unit 12 – Careers & Reflection (Week 28)

- Culinary careers and skill assessment.
- Identify career paths (chef, nutritionist, food stylist, etc.).
- Create a short resume and reflection on progress.
- Participate in mock “Culinary Showcase.”

Activities: Guest chef talk/career panel, Student showcase luncheon, Final reflection journal.