Home School Sylabus for 2017-18 Little Red Hen Series

Cooking 1a first semester 15 weeks

Day and hour Thursday 9:30 to 10:30

First semester 12 weeks

1 intro and pretest , parent present please

2 Kitchen S.O.P. , refridgerator use, equipment, how to wash dishes and hands-tea

3 assemble and simple prep of nutritious snacks

4 snacks cont bring in one ingredient to share

5 reading labels, shopping, pick an ingredient to research

6 and restaurant choices

7 Flat breads- flours-measures, fats

8 cont

9 Food group discussion, the food pyramid

10 historic cook books

11 Noodles

12 leavenings-scones/biscuits

13spices and herbs-mulled cider

14 basic cookie recipe prep

15 bake cookies and decorate with natural ingredients, review recipes and post test

Second semester folowing Niles District School Calendar Cooking 1 b 17 weeks

1 intro and pre-test

2 Breakfast oatmeal, granola,

3 fruits

4 Breakfast- eggs

5 eggs cont

6 eggs cont.

 7 Breakfast pancakes

8 Lunch-soup stock

9 soup carbos/startches/ thickeners

10 herbs and spices

11 proteins/ bean soup

12 cream of potato soup

13 dinner-menu research

14 dinner budget

15 cheeses

16 Finalizing projects and selecting demo items-post test

11 Open House demo prep select additional prep time.

12 Birchbank Farm’s Student Skills Demo and Picnic

Home School Sylabus for 2017-18 Cooking 2a 15 weeks

Day and hour Thursday 10:45 to 12:15

1 intro, student responsibilities, pre-test, review of sylabus/explanation of budget

2 review S.O.P. , team captains-daily, temps, measures, food borne illness, allergies, budget

3 flour review with flat breads-plain and improved

4 quick breads-batter breads research

5 cooking of quick bread from “found” ingredients

6 scones

7 proper tea

8 yeast breads

9 cont

10 pie crusts

11 basic custard fillings

12 ginger bread ornaments-prep and bake ( homework-find natural decorations)

13 decorate ornaments with natural ingredients

14 root crops ( seasonal issues,a nd storage)

15 review and post test, write recipes

Second semester folowing Niles District School Calendar Cooking 2 b 17 weeks

1 intro, pre-test, menu selection-budget

2 breakfast-eggs quiche

3 sides for quiche

 4 breakfast- biscuits and gravy

5 beverages

6 maple syrup, production in sugar shack if possible

7 lunch, safe lunchmeat choices/potential food recalls

8 lunch-green salads recipes selection

9 green salad production…garden choices

10 lunch- slaws ( homework- family favorites)

11 cont

12 menu plan for meal for 4, chose an item for main course and select ingredients for next week.

13 cook selected item

14 assist in planning “Just Desserts Tea” demo

15 prep table settings

16 Finalizing projects and selecting demo items prepared salad choice for pic nic, pick day

17 Open House demo and prep for Appreciation pic nic.

Home School Sylabus for 2017-18 Cooking 3a 15 weeks

Day and hour Thursday 12:30 to 2:00

1 intro, pre-test. Review of sylabus and budget. Order of service, menu selections, nationality of study selected

2 fermentation, cheese, kefir, yogurt, start sour dough bread

3 fermentation cont

4 probiotics and matters of health

5 freezer jam and frozen fruit preservation

6 fuit preservation canned

 7pickles and hot water bath method

8 cont

9 dehydration

10 figgy pudding prep

11 figgy pudding assemble

12 rice pudding

13 sauces

14cont

15review and post test

Second semester folowing Niles District School Calendar, Cooking 3b 17 weeks

1 intro and pre-test confirm order of service etc from first semester research

2 appetizers

3 cont

4 soup

5 cont

6 salad

 7 cont

8 group recipe research for side dish, ingredient list, prep.

9 side dish

10 group recipe research for main dish

11main dish

12 recipe research for desert

13 desert

14 Finalizing projects and selecting demo items – desert service to support “Just Desserts Tea”

15 Open House beverage and Picnic demo prep

16 Open House test beverages, select day to prep picnic

17 Birchbank Farm’s Student Skills Demo and Picnic

Home School Sylabus for 2017-18 Cooking 4a and B or Advanced specialties ( interview required)

Day and hour Thursday 12:30 to 2:00 or custom hours first semester 15 weeks

-Just deserts

1 intro-pretest and student skills required. Budget, recipe research homework assignments.

2 Pies

3Pies

4Pies

5 Candies

6 Candies

7 Candies

8 Cakes

9 Cakes

10 Cakes

11 tea cookies

12 cookies and rolled items

13 rolled items, jelly rolls,

14 post test- tea cookies tea

15 total recipe review

Second semester folowing Niles District School Calendar Adv Specialties- Just Desserts “B” 17 weeks

1 intro and pre-test. Select above area from first semester as choice for intense study, presentation, history and ettiquette.

2 French

3 French

4 French

5 Italian

6 Italian

7 Hispanic

8 Hispanic

9 Hispanic

10 choice

10 choice

11 menu and start ingredient list for presentation, menu for appreciation picnic ( one pot meal-chilli, soup, marinated salad, desert)

12 budget and finalize list. Select method of service

13 prepare items that can be frozen

14 pre-measure ingredients for demo

15 determine menu cards and invitation info

16 supervise beverages, table setting”-front of house” ,plan picnic service invitations printed

17 Just Desserts Tea at Open House.