Berrien Springs Partnership Syllabus and Instructor Qualifications

# **CLASS TITLE:** What’s for Dinner? **GRADE OR AGE LEVELS:** 8+ (2 Min Students -10 Max Students)**START DATE:** Wednesday Sept 6, 2023 **END DATE:** Nov 15, 2023**# WEEKS TOTAL:** 10 **WEEKS OFF: 1DAY/TIME REQUIRED:** Wed 4:00 -5:45PM **ADD’L DAYS/WK AVAILABLE:**  NA# **HOURS (REQUIRED):** 14 Hours # **HOURS (POSSIBLE):** 17½ Hours**TOTAL SEMESTER HOURS POSSIBLE:** 17½ Hours**LOCATION/ADDRESS: *635 St Joseph Ave. Berrien Springs, MI 49103*****MAIN INSTRUCTOR:** Joel Bennett**ADDITIONAL PRIMARY INSTRUCTORS (background checked):****CONTACT INFORMATION:**  **phone:** 317.764.6030 **email:** mrjoelabennett@icloud.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES ***NO***
IF YES, INSTRUCTIONS FOR REGISTRATION:

# MAIN INSTRUCTOR QUALIFICATIONS:

**Instructor Biography**: Food can really be an art form! I have a passion for flavors and textures. For the past 10 years I have been exploring home baking, preserving, and cooking. I find great joy in using fresh, local ingredients to build amazing flavors for others to try. After I earned my Bachelor of Science in Elementary Education, I spent 14 years inspiring 7-14-year-olds to become the best version of themselves in classrooms in MI and WA and some of the best skills that previous students like to talk about are the skills they learned regarding food. I look forward to working with you in the kitchen!

COURSE DESCRIPTION (complete overview shown on website):
Learn the basics of planning and making dinner with experience in a wide range of products over 10 sessions! In this course you will make corn bread, pizza, lasagna, tortilla from corn meal, egg rolls, falafel, and more, all from scratch! You will create your own recipe binder and ideas to keep you making dinner for a long time! *Bring a 3-ring binder to class to start/continue your collection of meal ideas.*

# SYLLABUS/OUTLINE: weekly breakdown of Project-Based Learning activities

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| **Week 1 – Sept 6**Kitchen Safety & EtiquetteConsider your audienceVarietyBring a Binder**Project**: Roasted Corn, Stuffed Potato, Black Bean Salad | **Week 6 – Oct 18**Temperature Density Mass vs. VolumePeeling**Project**: Lasagna |
| **Week 2 – Sept 13**Seasonal ConsiderationsExpanding your PalletBring a Binder**Project**: Minestrone, Corn Bread, & Pizza | **Week 7 – Oct 25**Menu PlanningBuilding Patterns Bring a Binder**Project**: Roast Vegetables (4), Rice |
| **Week 3 – Sept 27**Seasonal ConsiderationsTime ConstraintsBring a Binder**Project**: Falafel, Lebni, & Flat Bread | **Week 8 – Nov 1**Seasoning to tasteEnhancing flavorsBring a Binder**Project**: Cuscus Salad, Pita Pocket, Humus |
| **Week 4 – Oct 4**Nutrition Adding optional/extra ingredientsBring a Binder**Project**: Corn Tortillas, Black Beans, & Salsa | **Week 9 – Nov 8**Cleaning as you goBring a Binder**Project**: Spinach Pie |
| **Week 5 – Oct 11**Come up with ideasBring a BinderConsider your audience**Project:** Bread & Soups | **Week 10 – Nov 15**TimingEnhancing flavorsBring a Binder Review**Project:** Egg Rolls, Stir Fry, & Rice |

# COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Give 3 ways of creating menu ideas for a family meal Sept 6, 2023

Plan a family meal with 4 different colors Sept 6, 2023

Plan a family meal taking into consideration the audience and the season Nov 8, 2023

Plan a meal with regard to 3 macro nutrients Nov 8, 2023

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?
All classes abide by the following:

1. Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
2. The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

**Class-specific assessment:** discuss and include the form or a link to the form that you use.

Passing beginning baking looks like:

* attend minimum of 80% of the classes
* create a binder with meal planning ideas
* plan 5 meals paying attention to the audience, seasonal availability, and time involved

# ADDITIONAL RESOURCES: (online, books, video, etc.):

# CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

**Attendance:** 80% minimum. Communication before trips or travel issues is appreciated.

**Behavior:** Self-control and good etiquette are vital to a safe kitchen. Running or horse play may cause harm.

**Weather:** Make your best judgments on what is safe for you. We are spread over such a diverse area, what may be safe for some may not be safe for others.

**Other:**