

Ground Zero - Spanish Cooking 101

(Humanities: Life Skills: Cooking: Spanish Cooking 101)

GROUND ZERO UNLIMITED – Your BASE for Unlimited Adventures!

Information about the Instructor:

Instructor Name: Gladis Palafox - Ground Zero Unlimited, Instructor

Instructor Email: groundzerounlimited@gmail.com

Instructor Phone # to be published: (269) 240-4764 Coach Dawson

Instructor Bio: My name is Gladis Palafox. I was born in Tecoman Colima, Mexico. I lived in Mexico until I turn 11 years old. I move to USA with my family and have lived in San Luis Obispo, CA, Alaska, Denver CO, and now I live in Niles, Mi. I'm married and have 4 kids, 2 boys and 2 girls. I learned English at San Luis Obispo H.S. where I graduated. I was an Esl teacher at Niles Ferry St. school (FSRC), now I teach Spanish language at Ground Zero. I love to teach the Spanish language and about my Spanish culture.

I love cooking Mexican Food and have worked in several restaurants. I owed my Mexican restaurant for 4 years and I am a certified Food Safety Manager. My dearly mother and grandmother taught me many different and delicious recipes. Now I will teach you how to cook Mexican-Spanish foods at Ground Zero.

Information about the Course:

Grades: 5-12

Class Min # of Students: 3

Class Max # of Students: 12

Class Pre-requisites: None

Criteria for passing class: Students will need to attend at least 80% of classes offered and complete the pre and post tests for progress evaluation.

Materials Needed for Class: Aprons

Semesters offered: Fall & Spring

Day: Tuesday

January – 21 & 28

February – 4, 11, 18 & 25

March – 3, 10 & 31

April – 7, 14, 21 & 28

Sunday, April 26, 2020 @ 4:00pm – Year-end Recognition

Time: 6 – 8pm (13+ yrs old)

Day: Thursday

January – 23 & 30

February – 6, 13, 20 & 27

March – 5 & 12

April – 2, 9, 16, 23 & 30

Sunday, April 26, 2020 @ 4:00pm – Year-end Recognition

Time: 3:30 – 5:30pm (13+ yrs old)

Location: Ground Zero Archery & Training Center
 2216 11th Street
 Niles, MI 49120

Description: Students will learn the art of Spanish cooking in a fun and easy way. We will make 13 different recipes both hot and cold, meat or vegetarian.

Weekly breakdown:

Week 1: Review of Basic Spanish Cooking <ul style="list-style-type: none"> • Greetings • Sopa de vegetales – vegetable soup Pre-Test & 1st day class photo	Week 7: Arroz - Mexicano
Week 2: <ul style="list-style-type: none"> • Flautas – Salsa Verde • Flatus – papa 	Week 8: Tostados de Frijoles(bean) or Carne Molida(ground beef)
Week 3: <ul style="list-style-type: none"> • Tacos de Papa 	Week 9: Agua de horchata (rice water)
Week 4: <ul style="list-style-type: none"> • Quesadillas de pollo – Chicken quesadilla • Quesadillas 	Week 10: Sopa de Fideo
Week 5: <ul style="list-style-type: none"> • Sopa de Papa 	Week 11: <ul style="list-style-type: none"> • Caldo de Jamaica, o Pepino and Tostadas. • Hibiscus Cucumber water
Week 6: <ul style="list-style-type: none"> • Tacos de steak or queso 	Week 12: Review Post – Test & Semester End Photo

Name: _____

Date: _____

Pre Test

1. Do you know what cooking is? Y/N
2. Do you know what a Chef is? Y/N
3. Do you like to eat Mexican-Spanish Food? Y/N
4. Do you have any food allergies? Y/N
5. Do you know what sauté means? Y/N
6. Do you know what boil/simmer means? Y/N
7. Do you know what broil/roast means? Y/N
8. Do you know what to grill/grilling means? Y/N
9. Do you know what frying means? Y/N
10. Do you know what stirring means? Y/N

Date: _____

Post Test

1. Do you know what cooking is? Y/N
2. Do you know what a Chef is? Y/N
3. Do you like to eat Mexican-Spanish Food? Y/N
4. Do you have any food allergies? Y/N
5. Do you know what sauté means? Y/N
6. Do you know what boil/simmer means? Y/N
7. Do you know what broil/roast means? Y/N
8. Do you know what to grill/grilling means? Y/N
9. Do you know what frying means? Y/N
10. Do you know what stirring means? Y/N