Semester(s) offered: Fall ***Spring***

**Berrien Springs Parent Partnership Group Music and Project Based Learning Course Description**

*Course Title*: **Frontier Foods**

*Ages/Grade Levels*: **7-10-year-olds** Category: **Life Skills – Cooking**  *Class size*: Min: **2** Max: **10**

*Location(s), Dates and Times: Address*: **1201 Maiden Lane, Saint Joseph, MI 49085**

\* **Wednesdays January 22-Mar 25 (10 sessions) 11-12:45 P. M.**

*Provide directions to location if necessary*:

**John Beers Rd to Washington Ave North. The church is on the corner of Washington Ave and Maiden Lane (North East Corner)**

*Instructor(s): (each must pass background check)*: **Joel Bennett** *phone # for primary instructor*: **317.764.6030**

*Email and Website*: **mrjoelabennett@icloud.com**

*Classes are graded on a Pass/Fail basis. What is the criteria for passing the class?*

**Passing frontier foods looks like:**

* **attend minimum of 80% of the classes**
* **Successfully make:**
  + **Milk Kefir (preserved milk)**
    - **Kefir Muesli – at least 1 variety**
    - **Kefir pancakes – at least 1 variety**
    - **Kefir dips – at least 2 varieties**
  + **Kombucha – at least 1 variety (preserved drink)**
  + **Sour Kraut – at least 3 varieties (preserved cabbage)**
  + **Sour Dough Bread – at least 2 varieties (kneading and gluten)**
  + **Lacto-fermented carrots – at least 1 variety (preserved carrots)**
  + **Lacto-fermented cucumbers (pickles) – at least 1 variety (preserved cucumber)**
  + **Lacto- fermented onions – at least 1 variety (preserved onions)**
  + **Butter from heavy cream (preserved cream)**
  + **Mayonnaise from oil and eggs (its yummy)**
  + **Johnny cakes – from scratch (traditional frontier food)**
  + **Frontier donuts – from scratch (traditional frontier food)**
  + **Fruit pie – at least 1 (temperature, density, and mass vs volume)**
  + **Corn Bread – at least 1 (traditional frontier food)**

*Briefly describe the course, including topics to be covered and subject areas that the course will cover –this is what will be posted on our website (must also provide a separate syllabus). Use another page if necessary:*

**Learn the basics of preserving food without refrigeration in a wide range of products over 10 sessions! In this course you will preserve milk, vegetables, drinks, and make several recipes that were used by frontier families like Johnny cakes, pies, and corn bread. Your parents are invited to the shared meal prepared by you during the tenth class.**

*List any materials that students are required to bring to class:*  **Clothes that may get flour or other baking supplies on them. Closed toe shoes.**

*List any fee that will be expected to be paid by the family:*  **NA**

*Partnership cost per student for the entire semester, including materials and supplies*: **$400**

*\*Please note, you must be over 18 and cannot teach your own child or relative for more than one year\* Thank you for providing your expertise to students in our community!*