
CULINARY ARTS - FARM TO TABLE

Journey Homeschool Coop

Teacher: Jenny Johnson, lynn2sadaf@protonmail.com, 651-307-1354

Purpose of the Course

This class will give your child a jumpstart into something they will do for the rest of their life. The goal is to instill confidence in the kitchen with food, tools and preparation for a recipe.

Specific Objectives

- Reading and interpreting a recipe
- Meal planning
- Skills in the Kitchen
- Table setting and Etiquette

Materials

- Three-ring binder (.5 or 1 inch) or folder
- Apron (optional)

Schedule of Topics

Sept 9, 2024 LESSON 1	Introduction: I Spy in the Kitchen / Reading a recipe Homework: I Spy things in your kitchen at home
Sept 16, 2024 LESSON 2	Food: Jello (<i>finger jello</i>) Skills/Tools: Boiling water, liquid measuring Homework: Make a jello dish of any flavor of choice.
Sept 23, 2024	Food: Pasta ** Skills/Tools: Discuss different types/uses, boiling, strainer, stovetop Homework: Go with to the grocery store to check out all the varieties of pasta. Cook pasta at home.
Sept 30, 2024	NO CLASS
Oct 7, 2024 LESSON 3	Food: Flour and corn tortillas (<i>homemade tortilla chips</i>) Skills/Tools: Knife skills, oven safety Homework: Make your own flour or corn tortillas chips.
Oct 14, 2024 LESSON 4	Food: Strawberry / Banana (<i>Strawberry smoothie / Flavored seltzer</i>) Skills/Tools: Knife skills, strainer, blender Homework: Create a beverage using a blender or strainer skill with your choice of fruit
Oct 21, 2024 LESSON 5	Food: Bread and homemade butter ** Skills/Tools: Oven, measuring dry ingredients Homework: Make a something with flour.
Oct 28, 2024	NO CLASS
Nov 4, 2024 LESSON 6	Food: Rice Skills/Tools: Stovetop, different varieties Homework: Make rice at home using stovetop method. (<i>do not use instant rice</i>)
Nov 11, 2024 LESSON 7	Food: Twiced baked potatoes Skills/Tools: Peeler, different cooking methods (oven, mashed, fried); table etiquette Homework: Make your choice of potato using a cooking skill (oven, stovetop or microwave)
Nov 18, 2024 LESSON 8	Food: Melting chocolate (<i>chocolate dipped pretzels and marshmallows</i>) ** Skills/Tools: Microwave, hot liquid safety, dipping Homework: Melt chocolate. You can choose what you would like to dip: pretzels, fruit, crackers, etc.
Nov 25, 2024	NO CLASS

Dec 2, 2024 LESSON 9	Food: Cream Cheese (<i>frosting</i>) ** Skills/Tools: Electric mixer, variation of frosting, spreading tools Homework: Make a frosting recipe that includes the electric mixer
Dec 9, 2024 LESSON 10	Food: Cheese (<i>Tater tot appetizer cups</i>) Skills/Tools: Discuss different types of cheese, taste testing of cheese, grater Homework: make something with cheese in it...cheese board, macaroni & cheese, mini pizza, grilled cheese sandwiches, nachos, etc.
Dec 16, 2024	NO CLASS
Dec 23, 2024	NO CLASS
Dec 30, 2024	NO CLASS
Jan 6, 2025 LESSON 11	Food: Homemade pizza ** Skills/Tools: Cutting techniques, grater, oven safety Homework: Make pizza at home
Jan 13, 2025 LESSON 12	Food: Eggs (<i>scrambled eggs and mini quiche</i>) Skills/Tools: Cracking eggs, whisk, skillet, different methods of cooking, stovetop Homework: Practice cracking eggs and making scrambled eggs
Jan 20, 2025 LESSON 13	Food: Seasoning (<i>Garlic/Herb Oyster Crackers/pretzels & Cinnamon fried apples</i>) ** Skills/Tools: Discuss different flavors/senses with use of seasoning Homework: Make your own flavored oyster crackers
Jan 27, 2025	NO CLASS
Feb 3, 2025 LESSON 14	Food: Instant pudding (<i>Easy Chocolate Eclair Dessert</i>) ** Skills/Tools: Whisk, electric mixer, measuring Homework: Make your own pudding. Challenge yourself to add additional toppings to the pudding.
Feb 10, 2025 LESSON 15	Food: Strawberries (<i>Chocolate dipped strawberries and strawberry shortcake</i>) Skills/Tools: Microwave, whisking Homework: Make something with strawberries
Feb 17, 2025 LESSON 16	Food: Carrots (<i>with dip / Cookie dough dip</i>) ** Skills/Tools: Safety in peeling, cutting, whisking Homework: Prepare carrots in any shape/cutting method. Cook accordingly and save some for eating raw.
Feb 24, 2025	NO CLASS
Mar 3, 2025 LESSON 17	Food: Ground beef (<i>Enchiladas</i>) Skills/Tools: Safety with raw food, skillet, stovetop Homework: Cook ground beef.
Mar 10, 2025 LESSON 18	Food: Pigs in a blanket and sugar cookies Skills/Tools: Oven safety Homework: Make either foods: hot dogs or cookies
Mar 17, 2025 LESSON 19	Food: Oats (<i>granola clusters and no-bake energy bites</i>) Skills/Tools: Knife skills, oven, measuring Homework: Make anything that uses oats Final Project: Create a shopping list of ingredients for your three-course meal
Mar 24, 2025	NO CLASS
Mar 31, 2025	SNOW DAY
Apr 7, 2025 LESSON 20	Topic: Review day of Final Project / Nutrition Labels / Shopping for ingredients Skills/Tools: How to put all together to create a report Homework: Buy ingredients, make three-course meal, fill out report for FINAL PROJECT

Apr 14, 2025 LESSON 21	Food: Fruit (<i>homemade jam</i>) Skills/Tools: Preserving, make jam, gardening Homework: Make jam using any fruit of choice (may use frozen fruit)
Apr 21, 2025	Reports from FINAL PROJECT . Make cookies for Showcase.
Apr 28, 2025	NO CLASS
May 5, 2025	Party!
May 12, 2025	SNOW DAY

* Recipes subject to change pending availability of ingredients.

** **I do my best to accommodate with gluten-free students, however, an extra fee will be required for those weeks.**

Method of Instruction

Each class period, will be considered a Unit Study. I will present a food item, discuss the nutrition value, different methods of cooking with it, how to shop for it, and using tools in the kitchen to prep the food items. Some food items will be prepped by the teacher, others will include the students help during the hour. Food item of that day may be subjected to changed, depending on availability. See homework assignment for reference.

Homework

While homework is not required for elementary students, I will email weekly, explaining what we worked on that day. If your student would like to make the same food item from that week's class period at home, using the technique taught in class, they are welcome to expand their skills at home. A homework form will be emailed to the parent following each class, which can be filled out of their progress in making the food item. If at any time your child needs inspiration of recipes for a particular food item, feel free to reach out to me. I have plenty of ideas to direct them.

Evaluation percentage:

Grading Scale:

Class behavior 25%	Exceeds Expectations (90% - 100%)
Respect 25%	Meets Expectations (70% - 89%)
Classroom participation 25%	Needs Improvement (69% or below)
Final Project 25%	

Final Project

The student will make a three-course meal for their family. They may use some of the food items, skills and tools taught during the year, or branch out and find other ideas through recipes.

FINAL PROJECT IS DUE on the April 21, 2025.