

International Foods Course Outline

Grades 10-12

One Credit

Prerequisite: Successful Completion of Food and Nutrition

- I. Course Objectives
International Foods introduces the student to the contributions various ethnic groups have made to American cookery. The advanced student will become familiar with the geography, food history, customs, common ingredients and preparation techniques from countries all over the world. The student will continue to develop skills in kitchen organization, teamwork and equipment use.
- II. Content
 - A. History and Culture
 1. How traditional food originated
 2. How each country has influenced cooking in the world
 3. Factors affecting food tradition
 - a. Terrain
 - b. Climate
 - c. Population
 - d. Natural resources
 - e. Geography
 4. Current food practices
 - B. Characteristic ingredients and seasonings
 - C. Techniques common to the food of each country
 - D. Utensils needed to perform above techniques
 - E. Guidelines for selecting recipes – nutrition, convenience, and cost
 - F. Proper table settings and manners practices in each country
- III. Materials
 - A. Guide to Good Food textbook – Largen and Bence
 - Exploring International Foods – Debus and Zedlitz
 - B. Teacher prepared worksheets, videos
 - C. Laboratory preparations
 - D. Teacher demonstrations
- IV. Materials Provided By The Student
Notebook/folder, writing implement

- V. Grading Policy
- A. Grades will be based on class assignments and worksheets
 - B. Class participation and attitude
 - C. Laboratory preparations
 - D. Grade % = total points earned by student divided by the total possible points to be earned
 - E. Three missed labs will result in the lowering of the student's grade by 10 points