

# A Session 200 Level Weekly Lesson Plan

Program: Culinary Arts

Teacher: Chef Proulx

Week of: 1/20/20 week #20 200 Level

Day	Content	PA Core Standards	Skills/Objective	Activities	Assessment
Monday	Holiday Closed	<p><b>CC.3.5.9-10.A.</b> Cite specific textual evidence</p> <p><b>CC.3.5.9-10B</b> Determine the central ideas or conclusions of a text; etc.</p> <p><b>CC.3.5.9-10.C</b> Follow precisely a complex multistep procedure ACF Certification</p>			
Tuesday	<p>Theory: Review all necessary documents needed for the Healthy Nutrition Cooking Class</p> <p>Demonstration: Balance, Variety &amp; Moderation Hand out</p> <p>Chef Proulx will review the commercial kitchen and safety.</p>	<p><b>CC.3.5.9-10.A.</b> Cite specific textual evidence</p> <p><b>CC.3.5.9-10B</b> Determine the central ideas or conclusions of a text; etc.</p> <p><b>CC.3.5.9-10.C</b> Follow precisely a complex multistep procedure ACF Certification</p>	<p>#900 Nutrition</p> <p>#902 Investigate current dietary guidelines</p>	<p>Students will be in Break out groups with the students from Physical Therapy. Students.</p> <p>Student will review handouts with the students and discuss the 6 essential Elements of good nutrition.</p> <p>Students will gather all the ingredients needed for the menu prep</p>	<p>Daily Employability Grade</p> <p>Question and review session</p>
Wednesday	<p>Theory: Review Chapter 50 on Nutrition</p> <p>Demonstration: Balance, Variety &amp; Moderation Hand out</p> <p>TASK: Mr. C from Physical Therapy Class will be joining the Culinary students and learn the</p>	<p><b>CC.3.5.9-10.A.</b> Cite specific textual evidence</p> <p><b>CC.3.5.9-10B</b> Determine the central ideas or conclusions of a text; etc.</p> <p><b>CC.3.5.9-10.C</b> Follow precisely a complex multistep procedure ACF Certification</p>	<p>#900 Nutrition</p> <p>#902 Investigate current dietary Guidelines</p> <p>All cooking techniques</p>	<p>Students will be in Break out groups with the students from Physical Therapy.</p> <p>The culinary Students will be the sous chef and the Physical Therapy students will the prep cooks. Student will only prep the food item today.</p>	<p>Daily Employability Grade</p> <p>Question and review session</p>

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	<p>cooking techniques and produce a Healthy Lunch menu</p> <p>Concepts of Good Nutrition</p> <p>Chef Proulx will review the recipes and food items.</p>				
Thursday	<p>Theory: To produce and present a Healthy Menu form the 5 groups and have lunch today.</p> <p>Demonstration: Balance, Variety &amp; Moderation Hand out</p> <p>TASK: Mr. C from Physical therapy will review Concepts of Good Nutrition</p> <p>Chef Proulx will review the verity of heathier good substituted and many verities</p>	<p><b>CC.3.5.9-10.A.</b> Cite specific textual evidence</p> <p><b>CC.3.5.9-10B</b> Determine the central ideas or conclusions of a text; etc.</p> <p><b>CC.3.5.9-10.C</b> Follow precisely a complex multistep procedure ACF Certification</p>	<p>#900 Nutrition</p> <p>#902 Investigate current dietary Guidelines</p> <p>#2000 Menu Development with health selections</p>	<p>#900 Nutrition</p> <p>#902 Investigate current dietary Guidelines</p> <p>The culinary Students will be the sous chef and the Physical Therapy students will the prep, cook and present a Healthy selection of menu items.</p> <p>Student will prep, cook and serve the food item today.</p>	<p>Daily Employability Grade</p> <p>Question and review session</p> <p>Daily cleaning assessment</p>
Friday	<p>Sanitation and Opening procedures from Holiday Break</p> <p>Student practice/ food preparations and kitchen line operations and Responsibilities</p>	<p><b>CC.3.5.9-10.A.</b> Cite specific textual evidence</p> <p><b>CC.3.5.9-10B</b> Determine the central ideas or conclusions of a text; etc.</p> <p><b>CC.3.5.9-10.C</b> Follow precisely a complex multistep procedure ACF Certification</p>	<p>Sanitation Practice</p> <p>Refrigerator &amp; Freezer Inventory Procedures</p>	<p>breakdown and lab cleanup</p> <p>breakdown and lab cleanup</p>	<p>Daily Employability Grade</p> <p>Daily cleaning assessment Classroom discussion</p> <p>Question and review session</p>