

## Culinary 3

### **Food Safety and Sanitation**

- Food Borne Illness
- Accident Prevention
- Proper Storage and Preparation

### **Kitchen Readiness**

- Equipment and Measurement
- Recipe Comprehension
- Culinary Mathematics
- Mis en Place (organization)
- Knife Skills

### **Food In Our Lives**

- Budgeting, Purchasing, and Preparing Meals for Independent Living
- Understanding Food Labels
- Nutritional Analysis of Individual Dietary Needs
- Food Preparation and Understanding the Role and Interaction of Ingredients
- Food Science

### **Recipes Prepared**

- *Coffee Cake, Pumpkin Apple Crumb Muffins, Focaccia, Cinnamon Rolls, Fried Rice, Homemade Soup, Chocolate Cream Pie, Chicken Fajitas, Assorted Cookies, Potato Skins, Macaroni and Cheese, Crepes, Omelettes, Cheesecake.*

