

Southern Regional High School
Manahawkin, New Jersey
Course Syllabus

Department: Family and Consumer Sciences

Course: Fundamental Foods

Marking Period 1

Topics/Units to be covered:

- Classroom Expectations/Grading
- Kitchen Safety and Sanitation
- Kitchen Tools and Equipment
- Measuring Techniques and Equivalent Measures
- Reading a Recipe
- Microwave Cooking
- Knife Skills
- Quick Breads
- Quarterly

Marking Period 2

Topics/Units to be covered:

- Vegetables
- Frying
- Grains
- Eggs
- Quarterly

Marking Period 3

Topics/Units to be covered:

- Yeast Breads
- Soups, Stews, Sauces
- Meats & Poultry
- Quarterly

Marking Period 4

Topics/Units to be covered:

- Dairy
- Fruit
- Meal Planning
- Final Exam

* *Syllabus is subject to change according to the needs of the students and may not be done in sequential order.*