

Junior High Culinary Arts

Course Overview

In this hands-on course, students will explore the fundamentals of culinary arts, including kitchen safety, food preparation, nutrition, and meal planning. Through practical cooking labs and projects, students will develop essential skills for a career in the culinary field.

Course Objectives

By the end of this course, students will be able to:

- Demonstrate proper kitchen safety and hygiene practices.
 - Identify and use basic kitchen tools and equipment.
 - Prepare a variety of simple recipes, including breakfast items, snacks, and desserts.
 - Understand the principles of nutrition and healthy eating.
 - Work collaboratively in a team setting to plan and execute meals.
 - Present and evaluate their culinary creations.
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TEKS Alignment

This course aligns with the following **Texas Essential Knowledge and Skills (TEKS)**:

- **§130.251. Hospitality and Tourism**
 - **(c)(1)(A):** Participate in a laboratory- or work-based application of previously studied knowledge and skills related to culinary arts.
 - **(c)(1)(B):** Participate in training, education, or preparation for licensure, certification, or other relevant credentials to prepare for employment.
 - **(c)(1)(C):** Demonstrate professional standards and personal qualities needed to be employable, such as leadership, appreciation for diversity, conflict management, customer service, work ethics, and time management.
- **§130.254. Culinary Arts**
 - **(c)(1)(A):** Demonstrate knowledge of food safety and sanitation practices.
 - **(c)(1)(B):** Identify and use kitchen tools and equipment properly.
 - **(c)(1)(C):** Prepare and present a variety of food items.
 - **(c)(1)(D):** Apply principles of nutrition and healthy eating.

