



# Positive You

## 1st Grading Period

### Power Objective:

- Practice mise en place principles when organizing food and equipment, determine amounts to use, and prepare ingredients for use in recipes. (PO # 4)

### Academic Vocabulary:

- kitchen utensils
- kitchen equipment
- small kitchen appliances
- recipe
- yield
- cooking time
- abbreviations
- substitutions
- food preparation terms
- mise en place
- work plan

## Kitchen Equipment and Skills

### Enduring Understandings:

- Correct measurement and ability to interpret informational text will result in proper food preparation and a positive dining experience.
- A cook needs to be knowledgeable of utensils, tools, appliances and kitchen equipment uses and purposes in order to create the best dishes for taste and appearance.
- Mise en place practice will make a cook's assembly of meals easier and create more satisfaction during preparation.

### Essential Questions:

- What skills are needed before I can successfully prepare a recipe?
- What are all of these things in the kitchen and how do I use them?
- What is Mise en place and how do I practice it?

## **Competencies**

- 4.3.2. Measure solids and liquids, and apply ratios and equations to scale*
- 4.3.3. Use and convert standardized recipes to achieve specific quantities and serving sizes*
- 4.3.4. Adjust recipes and preparation techniques to respond to dietary restrictions*
- 4.3.7. Demonstrate mise en place principles in setting up work space*
- 4.3.8. Select tools and equipment that foster best results in food preparation*
- 4.3.9. Perform processing necessary to prepare ingredients for use in a recipe*
- 4.3.10. Use standard knife skills and techniques*