

August 2011 – December 2011
11:30 in Kitchen

Kingdom Builders Homeschool Cooperative
www.kingdombuilderscoop.com

Basic Cooking

Weekly class time will be spent working as a group on various cooking projects. There will be 3 folders: (1) to pick up new homework,(2) drop off completed paperwork, and (3) pick up graded work. Please note that **participation only** will not earn a good grade!

Grading Scale	Final	20%
	Participation	40%
	Homework	20%
	Quizzes	20%

The following items are to be done **outside** of the classes:

- All reading assignments
- All homework assignments completed BEFORE class.
- Quizzes and Final will be completed at home

- Sign up on Engrade!** You will find much of your reading material there. Contact me if you are unable to open any file. (Please don't wait until Thursday evening to do your homework either!) It won't be necessary to print this out but you may.
- Betty Crocker Cookbook 9th edition**, ISBN 0-7645-6079-4 May be left at home for reading assignments. (All the terms you will need for definitions will be in this text. If you choose a different edition the reading assignments listed in your homework may be on different pages. Look them up by topic instead of page number.)
- Three ring binder** with page protectors to keep recipes and homework.
BRING ALL HOMEWORK ASSIGNMENTS TO CLASS EACH FRIDAY

Teacher Contact:

Jennifer Carstens
157 Palmetto Drive
Rincon, GA 31326
912-826-5263 (home)
jldcnga@gmail.com

Instant obedience is required
to avert fires, burns and cuts!

Course Objectives

- Basic Kitchen Safety
- Keeping a Sanitary Kitchen
- Reading a recipe
- Cooking Terms
- Measurements
- Basic Nutrition
- Consumer Guidelines

Course Prerequisites

- Be able to follow directions and take turns

Please be prompt when coming to class!
We only have 1 hour for class and clean up.
Clean up before eating!

If you enter class and there is no one there or adults you don't know, please check outside kitchen doors for new classroom assignment. The church occasionally uses the kitchen to prepare meals for a grieving family and friends after a funeral. If that or a similar condition arises we will still have the same homework but have alternate classroom activities.

Week 1 (Class date August 26, 2011)

Fri Class time: Basics: Kitchen Safety, Sanitation, classroom procedures, etc.

Week 2 (Class date September 2, 2011)

Mon through Thu

Read Assignment One: Kitchen Safety & Sanitation

Read Assignment Two: Reading Recipes.

Read Assignment Three: Measurements.

Complete Homework Questions Based on assignments 1-3

Fri Cookies in a Jar

Week 3 (Class date September 9, 2011)

Mon through Thu

Read Assignment Four: Knives and Tools

Complete Homework Questions Based on assignment 4 and time management plan

Fri Salad

Week 4 (Class date September 16, 2011)

Mon through Thu

Read Assignment Five: Nutrition

Homework: Quiz on Assignments 1-4 and a 24 hour intake record

Fri Strawberry Freezer Jam

September 23rd Fall Break

Week 5 (Class date September 30, 2011)

Mon through Thu

Read Assignment Six: Fruit

Read Assignment Seven: Vegetables

Homework: questions for assignments 5-7, and prepare a healthy menu.

Fri Salsa

Week 6 (Class date October 7, 2011)

Mon through Thu

Read Assignment Eight: Consumer Education Part One

Read Assignment Nine: Pasta

Homework: questions on assignments 8&9 and Quiz 1 - 7

Fri Fettuccini Carbonara

Week 7 (Class date October 14, 2011)

Mon through Thu

Read Assignment Ten: Consumer Education Part Two

Read Assignment Eleven: Leftovers

Homework: questions on assignments 10 & 11 and complete Shopping List for assigned recipes

Fri Shepherd's Pie

Week 8 (Class date October 21, 2011)

Mon through Thu

Read Assignment Twelve: Breads

Homework: questions on assignment 12 and Quiz 7- 11

Fri Garlic Biscuits and Maple Pecan Scones

Week 9 (Class date October 28, 2011)

Mon through Thu

Read Assignment Thirteen: Frying & Oils

Homework: questions on assignment 13

Fri Beef and broccoli

Week 10 (Class date November 4, 2011)

Mon through Thu

Read Assignment Fourteen: Preparing Soup

Homework: question on assignment 14 and complete Time Management Plan

Fri Classic Chicken Noodle

Week 11 (Class Date November 11, 2011)

Mon through Thu

Read Assignment Fifteen: Microwave Cooking

Homework: question on assignment 15 and Quiz on assignments 12-15

Fri Chicken Casserole

Week 12 (Class Date November 18, 2011)

Mon through Thu

Read Assignment Sixteen: Herbs, Spices, & Seasonings

Homework: question on assignment 16

Fri Full Dinner

November 25th Thanksgiving Break

Week 13 (Class Date December 2, 2011)

Mon through Thu

Homework: Comprehensive Final

Fri Dessert!

Week 14 (Class Date December 9, 2011)

Mon through Thu No homework; bring final to class

Fri Real Hot Chocolate and Whipped Cream

Last Day of Class, End of Session