

January 2012 – May 2012  
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!

<b>Grading Scale</b>	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 9<sup>th</sup> 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**  
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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 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 January 13, 2012)**

**Mon through Thu**

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Read Assignment One: Kitchen Safety & Sanitation

Read Assignment Two: Reading Recipes.

Read Assignment Three: Measurements.

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

Taffy Apple Pizza

**Week 2 (Class date January 20, 2012)**

**Mon through Thu**

Read Assignment Four: Knives and Tools

Complete Homework Questions Based on assignments 1-3

**Fri**

Cookies in a Jar

**Week 3 (Class date January 27, 2012)**

**Mon through Thu**

Read Assignment Five: Nutrition

Complete Homework Questions Based on assignment 4 and time management plan

**Fri** Salad

**Week 4 (Class date February 3, 2012)**

**Mon through Thu**

Read Assignment Six: Fruit

Read Assignment Seven: Vegetables

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

**Fri** Freezer Jam (unless berries unavailable)

**Week 5 (Class date February 10, 2011)**

**Mon through Thu**

Read Assignment Eight: Consumer Education Part One

Read Assignment Nine: Pasta

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

**Fri** Salsa

**February 17, 2012 Teen Pact—No Class**

**Week 6 (Class date February 24, 2012)**

**Mon through Thu**

Read Assignment Eight: Consumer Education Part Two

Read Assignment Eleven: Leftovers

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

**Fri** My Grandmaw's Spaghetti Sauce

**Week 7 (Class date March 2, 2012)**

**Mon through Thu**

Read Assignment Twelve: Breads

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

**Fri** Shepherd's Pie

**Week 8 (Class date March 9, 2012)**

**Mon through Thu**

Read Assignment Thirteen: Frying & Oils

Homework: questions on assignment 12 and Quiz 7- 11

**Fri** Garlic Biscuits and Maple Pecan Scones

**Week 9 (Class date March 16, 2012)**

**Mon through Thu**

Read Assignment Fourteen: Preparing Soup

Homework: questions on assignment 13

**Fri** Pork Stir Fry OR Salmon with hush puppies

**Week 10 (Class date March 23, 2012)**

**Mon through Thu**

Read Assignment Fifteen: Microwave Cooking

Homework: question on assignment 14 and complete Time Management Plan

**Fri** Fagoli OR Strawberry Soup

**Week 11 (Class Date March 30, 2012)**

**Mon through Thu**

Read Assignment Sixteen: Herbs, Spices, & Seasonings

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

**Fri** Chicken Casserole

**April 6, 2012 EASTER BREAK no class**

**Week 12 (Class Date April 13, 2012)**

**Mon through Thu**

Homework: question on assignment 16

**Fri** Full Dinner

**Week 13 (Class Dates April 20, 2012)**

**Mon through Thu**

**Fri** Prepare for Open House

**Week 14 (Class Dates April 27, 2012)**

**Mon through Thu**

**Fri** Prepare for Open House

**May 4, 2012 GHEA Conference: No Class**

**Week 15 (Class Date May 11, 2012)**

**Mon through Thu**

Homework: Comprehensive Final

**Fri** Dessert

**Week 16 (Class Date May 18, 2012)**

**Mon through Thu**

No homework; bring final to class

**Fri** I bid you a fond Fondue