

## Course Description

**Subject: Healthy Quick Meals**

**Grades: 7 & 8**

### **Overview:**

The students will learn how

to prepare a healthy quick meal by themselves. The emphasis of the class is the importance of cleanliness and the process of taking a quick inventory of food supplies in the kitchen for inspiration.

### **Primary Biblical Integration:**

Genesis 1:28-30 “Then God said, “I’ve given you every sort of seed-bearing plant on Earth and every kind of fruit-bearing tress, given them to you for food. To all animals and all birds, everything that moves and breathes, I give whatever grows out of the ground for food.” And there it was.”

### **Unit Description:**

(1.) CLASSROOM PROCEDURES/INTRODUCTION TO HEALTHY QUICK MEALS:

Students will be given classroom rules and procedures. Students will discuss where various inspirations can be found.

(2.) THE IMPORTANCE OF CLEANLINESS:

Students will be given the facts on bacterial growth and disinfection.

(3.) THE PROPER HANDLING OF EQUIPMENT:

Students will discuss potential safety hazards in the kitchen.

(4.) FOOD COMBINATIONS:

Through demonstrations learning techniques will be shown. Students will discuss food combinations allowing for changes in a recipe to suit their individual taste.

### **Students Materials:**

Cooking utensils and food supplies.

### **Teacher Materials:**

Recipes, sanitation procedures and cleaning supplies.