Berrien Springs Partnership Syllabus and Instructor Qualifications

# **CLASS TITLE:** Kitchen Lab (This class is for ANY Skill level) **GRADE OR AGE LEVELS:** 8 years+ (2 Min Students -10 Max Students) **START DATE:** Wednesday Sept 6, 2023 **END DATE:** Nov 15, 2022 **# WEEKS TOTAL: 10 WEEKS OFF:** 1 **DAY/TIME REQUIRED:** Wed Noon-1:45 PM **ADD’L DAYS/WK AVAILABLE:** NA # **HOURS (REQUIRED):** 14 Hours # **HOURS (POSSIBLE):** 17½ Hours **TOTAL SEMESTER HOURS POSSIBLE:** 17½ Hours **LOCATION/ADDRESS: *635 St Joseph Ave. Berrien Springs, MI 49103*** **MAIN INSTRUCTOR:** Joel Bennett **ADDITIONAL PRIMARY INSTRUCTORS (background checked):** **CONTACT INFORMATION:** **phone:** 317.764.6030 **email:** mrjoelabennett@icloud.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? YES ***NO***  
IF YES, INSTRUCTIONS FOR REGISTRATION:

# MAIN INSTRUCTOR QUALIFICATIONS:

**Instructor Biography**: Food can really be an art form! I have a passion for flavors and textures. For the past 15 years I have been exploring home baking, preserving, and cooking. I find great joy in using fresh, local ingredients to build amazing flavors for others to try. After I earned my Bachelor of Science in Elementary Education, I spent 14 years inspiring 7-14-year-olds to become the best version of themselves in classrooms in MI and WA and some of the best skills that previous students like to talk about are the skills they learned regarding food. I look forward to working with you in the kitchen!

COURSE DESCRIPTION (complete overview shown on website):  
What does the egg do? Why do I have to get all the yolk out of the whites before I whip them? Can I use something else to thicken this broth? How do you make mayonnaise? These are some of the questions we will be exploring in the kitchen this fall. If you want to make hard candy and explore why corn syrup and table sugar are needed, then this is the class for you.

# SYLLABUS/OUTLINE: weekly breakdown of Project-Based Learning activities

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| **Week 1 – Sept 6**  Measuring vs Weighing and Density  **Projects**: *Chocolate Loaf Cake*  *Glaze* | **Week 6 – Oct 18**  Solutions, Gels, and Suspensions  **Project**: Juice Jelly |
| **Week 2 – Sept 13**  Scaling Recipes & Surface Area  Time and Temperature  Thickening Agents  **Projects**: Biscuits and Soup | **Week 7 – Oct 25**  Solutions  **Projects**: Carmel Candy |
| **Week 3 – Sept 27**  Natural Leavening  **Projects**: Pizza three ways | **Week 8 – Nov 1**  Emulsions  **Projects**: 2 Fudges |
| **Week 4 – Oct 4**  Chemical and Mechanical Leavening  **Projects**: Lemon Meringue Pie | **Week 9 – Nov 8**  Denaturing Proteins  **Projects**: Home made graham cracker and marshmallow + chocolate = S’mores |
| **Week 5 – Oct 11**  Solutions, Gels, and Suspensions  **Projects:** Apple Pie | **Week 10 – Nov 15**  Emulsification  **Projects**: Banana Bread with and without egg  Experiment: Can we make mayonnaise? |

# COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

Properly create an emulsion Sept 8, 2023

Properly adjust baking time depending on volume and surface area Sept 15, 2023

Properly utilize two different ingredients as emulsifiers Sept 22, 2023

Properly use three different styles of leavening Sept 29, 2023

Properly denature protein to create soft cheese Nov 10, 2023

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?  
All classes abide by the following:

1. Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
2. The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

**Class-specific assessment:** discuss and include the form or a link to the form that you use.

Passing beginning baking looks like:

* attend minimum of 80% of the classes
* adjust time and temperature for volume and surface area
* name and use at least 2 different emulsifiers
* name and use three types of leavening
* craft from scratch delicious food and candy

# ADDITIONAL RESOURCES: (online, books, video, etc.):

Culinary Reactions: the everyday chemistry of cooking by Simon Quellen Field

# CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

**Attendance:** 80% minimum. Communication before trips or travel issues is appreciated.

**Behavior:** Self-control and good etiquette are vital to a safe kitchen. Running or horse play may cause harm.

**Weather:** Make your best judgments on what is safe for you. We are spread over such a diverse area, what may be safe for some may not be safe for others.

**Other:**