

Lesson Plan Title: Pasta

Subject area: Culinary

Recommended course (s):

Grains, Legumes, & Pasta



Aligned to NASAFACS Standards:

Food Production and Services.

Objectives:

LAP Objective: Upon completion of this LAP, one will be able to identify, prepare and present pasta.

This knowledge will be evidenced by performing the required tasks and scoring 85% or better on the LAP test.

Materials needed:

- * Ingredients and kitchen tools and equipment.
 - Job Sheet #1 - Prepare Fresh Egg Pasta.
 - Job Sheet #2 - Prepare Herbed Fettuccine Alfredo.
 - Job Sheet #3 - Prepare Three Cheese Macaroni.
- * Computer for "Origin of Pasta".

Resources:

- Introduction to Culinary Arts - Textbook
- Introduction to Culinary Arts Student's Lab Resources and Study Guide - Workbook
- Sous Chef - Computer program

Lesson Summary/Outline:

1. Match terms and definitions relating to pasta.
2. Describe the type of sauce to use for various types of pasta.
3. Describe two methods of combining cooked and drained pasta with a sauce.
4. List the steps in boiling pasta.
5. Summarize the history and origins of pasta.
6. Prepare Fresh Egg Pasta.
7. Prepare Herbed Fettuccine Alfredo.
8. Prepare Three Cheese Macaroni & Cheese - Dairy Free.

Motivator/Opening:

Introduce "Global Pastas." An example would be SPAETZLE which is popular in Austria and Germany. Invite a guest Chef to demonstrate making various global pastas.

Activities:

- * Job Sheet #1
Prepare Fresh Egg Pasta.
- * Job Sheet #2
Prepare Herbed Fettuccine Alfredo.
- * Job Sheet #3
Prepare Three Cheese Macaroni &
Cheese - Dairy Free.

Assignments:

- * Complete Assignment Sheet #1,
Terms and Definitions.
- * Complete Assignment Sheet #2,
Pasta
- * Complete Assignment Sheet #3,
"Origin of Pasta"

Evaluation:

Food Presentation Rubric

Notes:

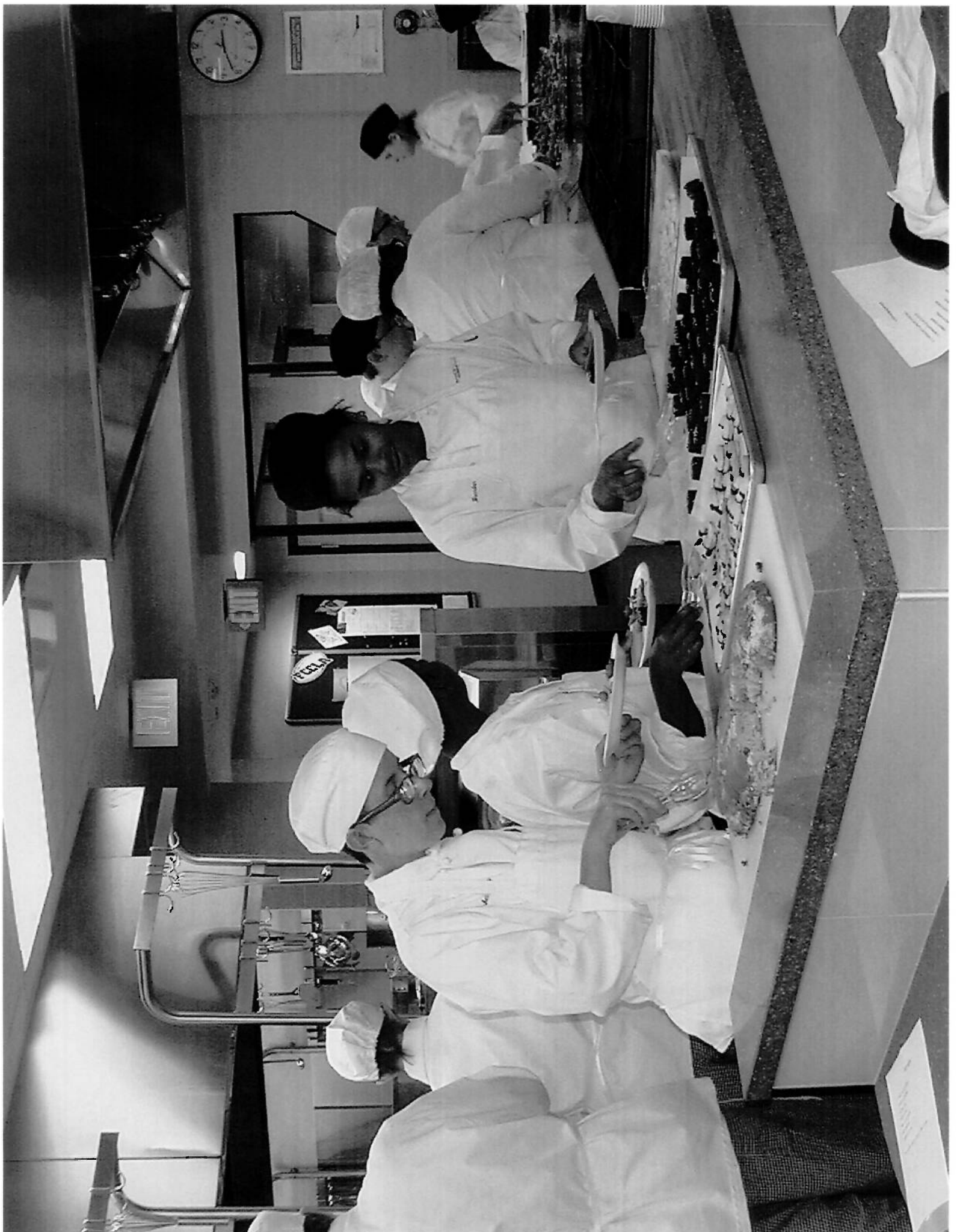
Submitted by:

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Service Careers
Culinary Assistant – Entry Level



Learning Activity Packet (LAP)

Name: _____

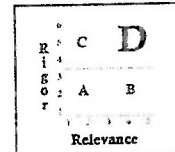
Date: _____

Instructional Focus

Course Title: Grains, Legumes, & Pasta

LAP Title: Pasta

LAP Objective: Upon completion of this LAP, one will be able to identify, prepare and present pasta. This knowledge will be evidenced by performing the required tasks and scoring 85% or better on the Lap test.



Specific Learning Objectives

1. Match terms and definitions relating to pasta.
2. Describe the type of sauce to use for various types of pasta.
3. Describe two methods of combining cooked and drained pasta with a sauce.
4. List the steps in boiling pasta.
5. Summarize the history and origins of pasta.
6. Prepare Fresh Egg Pasta.
7. Prepare Herbed Fettuccine Alfredo.
8. Prepare Three Cheese Macaroni & Cheese – Dairy Free.

Academic Skills

1. English – Topic Development in Terms of Purposes and Focus.
2. English – Sentence Structure and Formation.
3. Math – Numbers: Concepts and Properties.
4. Math – Measurement.
5. Reading – Meaning of Words.

Resources

Introduction to Culinary Arts, Copyright 2007 by Pearson Education, Inc., publishing as Pearson Prentice Hall, Boston, Massachusetts 02116

Introduction to Culinary Arts Student's Lab Resources and Study Guide, Copyright 2007 by Pearson Education, Inc., published by Pearson Prentice Hall, Boston, Massachusetts 02116

Sous Chef™, Copyright 2008 by KP Education Systems Inc., Phoenix, Arizona 85028

Performance Tasks

PERFORMANCE TASKS

Place a check beside each number as you complete the steps on this page.

- _____ **1. PREVIEW:** Introduce the "Key Concepts," page 415 of the text.
- _____ **2. READ:** Textbook Chapter 13.3, "Pasta," pages 415-426 of the text.
- _____ **3. WATCH:** Demonstration: "Pasta: Pasta Rolling, Fettuccine Alfredo, Making Tortellini," from the Sous Chef program on the computer.
- _____ **4. DO:** Study Guide 13.3, "Pasta," from the Student's Lab Resources and Study Guide, pages 195-196.
- _____ **5. DO:** Culinary Crossword 13.3, "Pasta," from the Student's Lab Resources and Study Guide, page 197.
- _____ **6. READ:** Information Sheet #1, "Terms and Definitions," pages 5-6 of this LAP.
- _____ **7. DO:** Assignment Sheet #1, "Terms and Definitions," page 7 of this LAP.

Performance Tasks

- _____ 8. **READ:** Information Sheet #2, "Pasta," pages 8 - 9 of this LAP.
- _____ 9. **DO:** Assignment Sheet #2, "Pasta," pages 10-11 of this LAP.
- _____ 10. **DO:** Assignment Sheet #3, "Origin of Pasta," page 12 of this LAP.
- _____ 11. **DO:** Job Sheet #1, "Prepare Fresh Egg Pasta," on pages 13 -14 of this LAP.
NOTE: Rubric for Food Presentation will be used in evaluation.
- _____ 12. **DO:** Job Sheet #2, "Prepare Herbed Fettuccine Alfredo," on pages 15 -16 of this LAP.
NOTE: Rubric for Food Presentation will be used in evaluation.
- _____ 13. **DO:** Job Sheet #3, "Prepare Three Cheese Macaroni & Cheese – Dairy Free," on page 17 -18 of this LAP.
NOTE: Rubric for Food Presentation will be used in evaluation.
- _____ 14. **TAKE:** Section Test 13.3, "Pasta," from the instructor.

Assessment

The student is expected to score 85% or higher to successfully complete this LAP.

GRADING SCALE

100 – 90	A
89.99 – 80	B
79.99 – 70	C
69.99 – 60	D
59.99 – 50	F

Student not completing this LAP or not completing LAP with 85% will be required to retake it.

**INFORMATION SHEET #1
LAP #CA 13.3**

TERMS AND DEFINITIONS

1. **Al dente (al DEN-tay)** – Italian expression meaning “to the tooth;” used to describe pasta that is cooked only until it gives a slight resistance when you bite it.

2. **Boiled** – How dried pasta is typically cooked.

3. **Dried Pasta** – Pasta that uses dough too stiff to shape by hand; it is typically extruded from a pasta machine.

4. **Durum** – The wheat from which semolina is made.

5. **Fettuccini (feht-too-CHEE-nee)** – Flat, ribbon-style pasta; may be fresh or dried.

6. **Fresh Pasta** – Pasta that uses dough soft enough to knead by hand.

7. **Gnocchi** – Italian dumpling.

8. **Lasagna** – Layered baked pasta.

9. **Pasta** – Italian for dough; used to describe the category of starchy foods made from shaped dough that includes flour and liquid. Typically cooked in boiling or simmering water.

10. **Pierogi (peer-OH-gee)** – Polish half-moon-shape dumplings with a sweet or savory filling.

INFORMATION SHEET #1 (CONT.)
LAP #CA 13.3

11. **Ravioli (rav-ee-OH-lee)** – Italian for “little wraps;” made by layering a filling between two sheets of pasta and then cutting out filled squares, round or rectangles.

12. **Semolina** – The flour typically used in Italian pasta.

13. **Spaetzle (SHPET-zuhl)** – Popular Austrian and German dumpling.

14. **Tortellini (tohr-te-LEEN-ee)** – Italian for “little twists;” made by cutting out circles or squares of fresh pasta, adding a filling, and then folding and twisting the dough to get a specific shape.

15. **Udon (oo-DOHN)** – Asian-style noodle, often purchased fresh.

ASSIGNMENT SHEET #1
LAP #CA 13.3

TERMS AND DEFINITIONS

Directions: Read each definition carefully. Then choose a letter from the terms list and match it to the corresponding definition. Use each letter only once.

DEFINITIONS

- _____ 1. Italian for dough.
- _____ 2. A type of Asian-style pasta.
- _____ 3. The flour typically used in Italian pasta.
- _____ 4. Pasta that uses dough too stiff to shape by hand; it is typically extruded from a pasta machine.
- _____ 5. Pasta that uses dough soft enough to knead by hand.
- _____ 6. A type of Italian dumpling.
- _____ 7. A type of Austrian or German dumpling.
- _____ 8. A Polish dumpling.
- _____ 9. Italian expression that means "to the tooth."
- _____ 10. A ribbon-shaped pasta.
- _____ 11. A layered pasta dish.
- _____ 12. Pasta made by layering a filling between two sheets of pasta and then cutting out the filled squares, rounds, or rectangles.
- _____ 13. From the Italian "little twists," this filled pasta is folded and twisted to get a specific shape.
- _____ 14. How dried pasta is typically cooked.
- _____ 15. The wheat from which semolina is made.

TERMS

- | |
|----------------|
| A. Al Dente |
| B. Boiled |
| C. Dried Pasta |
| D. Durum |
| E. Fettuccini |
| F. Fresh Pasta |
| G. Gnocchi |
| H. Lasagna |
| I. Pasta |
| J. Pierogi |
| K. Ravioli |
| L. Semolina |
| M. Spaetzle |
| N. Tortellini |
| O. Udon |

INFORMATION SHEET #2
LAP #CA 13.3

PASTA

1. Combining pasta with a sauce is perhaps the most common way to present pasta. Different pasta shapes are traditionally paired with different types of sauces.

Below are the type of sauce one would use for each of the following types of pasta.

Pasta Type	Sauce Type
Long, thin shapes (spaghetti or linguini)	Smooth, thin sauce, cream sauce, olive oil
Extruded, tube-shapes (rigatoni or penne)	Chunky sauce
Pasta with wrinkles or ridges (fusilli)	Chunky sauce

2. Two methods of combining cooked and drained pasta with a sauce are:

Method #1	Method #2
Add pasta directly to sauce. Toss. Typically done in a sauté pan over medium high heat. This method guarantees that pasta is very hot when served.	Ladle sauce over drained pasta on a heated plate/platter. Make sure pasta, sauce, and plate/platter are very hot. Pasta can cool off quickly.

INFORMATION SHEET #2 (CONT.)
LAP #CA 13.3

3. Steps in boiling pasta:

- Boil 1 gallon of water for every pound of pasta. Add 1 ounce of salt to each gallon of water.
- Add pasta and stir.
- Cook until done. Dried pasta is cooked at a boil. Fresh and filled pasta is best when prepared in simmering, not boiling water.
- Drain pasta.
- Serve immediately. Pasta to be served immediately is cooked until fully tender. Pasta to be baked, reheated, or held should be slightly undercooked.

ASSIGNMENT SHEET #2
LAP #CA 13.3

PASTA

Directions: Complete the information related to pasta.

1. Describe the type of sauce to use for each of the following types of pasta.

Pasta Type	Sauce Type
Long, thin shapes (spaghetti or linguini)	
Extruded, tube-shapes (rigatoni or penne)	
Pasta with wrinkles or ridges (fusilli)	

2. Describe two methods of combining cooked and drained pasta with a sauce.

Method #1	Method #2

ASSIGNMENT SHEET #2 (CONT.)
LAP #CA 13.3

3. List the steps in boiling pasta.

- _____

- _____

- _____

- _____

- _____

ASSIGNMENT SHEET #3
LAP #CA 13.3

ORIGIN OF PASTA

Directions: Using the internet, summarize the history and origins of pasta.

Describe your findings:

Which pasta dishes today resemble the most ancient pasta dishes?

JOB SHEET #1
LAP #CA 13.3

Prepare Fresh Egg Pasta

- Directions:**
1. Gather the supplies and ingredients in Part 1.
 2. Follow the steps listed in Part 2 to prepare Fresh Egg Pasta.
 3. Demonstrate for instructor and get signature.
-

Part 1 Supplies:

Measuring cups
Measuring spoons
Large Mixing bowl
Fork
Pasta machine

Ingredients:

All-purpose flour
Salt
Eggs
Water
Olive oil
Black pepper

JOB SHEET #1 (cont.)
LAP #CA 13.3

Part 2 Recipe for Fresh Egg Pasta:

1 ¾ lb. (6 ¼ cups)	All-purpose flour
2 tsp.	Salt
6	Eggs
3 ½ Tbsp.	Water
3 Tbsp.	Vegetable or olive oil
To taste	Black pepper, freshly ground

Part 2 Method:

1. Combine the flour and salt in a large bowl.
2. Make a well in the center.
3. Place eggs, water, oil, and pepper in the center of the well.
4. With a fork, gradually pull the dry ingredients into the egg mixture.
5. Stir until a loose mass forms.
6. As the dough is mixed, adjust the consistency with additional flour or water.
7. Turn the dough out onto a floured work surface.
8. Knead until the texture has become smooth and elastic, about 4 to 5 minutes.
9. Gather and smooth the dough into a ball.
10. Cover and let the dough relax at room temperature for at least 2 hours.
11. Roll the pasta dough into thin sheets.
12. Cut into desired shapes by hand or by using a pasta machine.
13. Cook immediately.

Instructor's signature _____

Note: Food Presentation Rubric will be used in evaluation.

Food Presentation Rubric

Name(s) of Student _____

Evaluation Criteria	Poor	Good	Excellent	Score
Professionalism				
Uniform and Appearance	0 1 2	3 4	5 6	
Non- professional appearance, attire and/or grooming		Neat appearance, attire and grooming, but lacks polish	Professional appearance,	
Attitude	0 1 2	3 4	5 6	
Poor/non-professional attitude		Shows professional attitude part of the time	Professional attitude	
Teamwork	0 1 2	3 4 5 6	7 8	
Members lack team organization		Members demonstrate minimal teamwork	Members work effectively and efficiently as a team	
Clear Communication	0 1 2	3 4	5 6	
Lacks communication		Communicates part of the	Communicates well	
Safety and Sanitation				
Cleanliness of Station	0 1	2 3 4 5 6 7 8	9 10	
Unsanitary situation		Shows some sanitation concerns during and after preparations	Follows all safety practices	
Creates unsafe product				
Cross Contamination	0 1 2 3 4	5 6 7 8	9 10	
Disregard of safety creating unsafe product		Shows minimal safety concerns during preparation	Follows all safety practices	

Food Presentation Rubric (continued)

Evaluation Criteria	Poor				Good				Excellent				Score
	0	1	2	3	4	5	6	7	8	9	10		
Time Management													
Speed	0	1	2	3	4	5	6	7	8	9	10	Always works at an appropriate speed	
Accuracy	0	1	2	3	4	5	6	7	8	9	10	Accurate in doing task and/or in proper sequence	
All Items Finished at the Same Time	0	1	2	3	4	5	6	7	8	9	10	Effectively follows the time management plan	
Constantly on Task	0	1	2	3	4	5	6	7	8	9	10	Always stays on task	
Product Quality													
Finished Food Product	0	1	2	3	4	5	6	7	8	9	10	Correct preparation of food/recipe resulted in excellent product	

Comments:

**JOB SHEET #2
LAP #CA 13.3**

Prepare Herbed Fettuccine Alfredo

- Directions:**
1. Gather the supplies and ingredients in Part 1.
 2. Follow the steps listed in Part 2 to prepare Herbed Fettuccine Alfredo.
 3. Demonstrate for instructor and get signature.
-

Part 1 Supplies:

Digital scale
Sauce pan
Colander
Grater
Large pot
Large spoon

Ingredients:

Butter
Heavy cream
Parmesan cheese
Fettuccine pasta
Salt
Pepper

JOB SHEET #2 (cont.)
LAP #CA 13.3

Part 2 Recipe for Herbed Fettuccine Alfredo:

2 oz.	Butter
8 oz.	Heavy cream
6 oz.	Parmesan cheese, freshly grated
12 oz.	Fettuccine pasta, fresh or dried
To taste	Salt
To taste	Black pepper, freshly ground

Part 2 Method:

1. Melt the butter in a sauce pan.
2. Add the cream and black pepper and simmer until thickened.
3. Cook the pasta until al dente, strain and pour into the sauce.
4. Gently stir until pasta is coated.
5. Mix in the Parmesan cheese.
6. Season with salt and pepper.
7. Garnish with shaved Parmesan.
8. Serve hot.

Instructor's signature _____

Note: Food Presentation Rubric will be used in evaluation.

Food Presentation Rubric

Name(s) of Student _____

Evaluation Criteria	Poor	Good	Excellent	Score
Professionalism				
Uniform and Appearance	0 1 2 Non-professional appearance, attire and/or grooming	3 4 Neat appearance, attire and grooming, but lacks polish	5 6 Professional appearance,	
Attitude	0 1 2 Poor/non-professional attitude	3 4 Shows professional attitude part of the time	5 6 Professional attitude	
Teamwork	0 1 2 Members lack team organization	3 4 5 6 Members demonstrate minimal teamwork	7 8 Members work effectively and efficiently as a team	
Clear Communication	0 1 2 Lacks communication	3 4 Communicates part of the	5 6 Communicates well	
Safety and Sanitation				
Cleanliness of Station	0 1 Unsanitary situation Creates unsafe product	2 3 4 5 6 7 8 Shows some sanitation concerns during and after preparations	9 10 Follows all safety practices	
Cross Contamination	0 1 2 3 4 Disregard of safety creating unsafe product	5 6 7 8 Shows minimal safety concerns during preparation	9 10 Follows all safety practices	

Food Presentation Rubric (continued)

Evaluation Criteria	Poor	Good	Excellent	Score
Time Management				
Speed	0 1 Does not work at an appropriate speed	2 3 4 5 6 7 8 Sometimes works at an appropriate speed	9 10 Always works at an appropriate speed	
Accuracy	0 1 2 3 4 Not accurate in doing task and/or in proper sequence	5 6 7 8 Partially accurate in doing task and/or in proper sequence	9 10 Accurate in doing task and/or in proper sequence	
All Items Finished at the Same Time	0 1 Disregard of time management plan	2 3 4 5 6 7 8 Partial implementation of time management plan	9 10 Effectively follows the time management plan	
Constantly on Task	0 1 Does not stay on task	2 3 4 5 6 7 8 Stays on task only part of the time	9 10 Always stays on task	
Product Quality				
Finished Food Product	0 1 Food product needs improvement	2 3 4 5 6 7 8 Adequate, but not outstanding	9 10 Correct preparation of food/recipe resulted in excellent product	

Comments:

JOB SHEET #3
LAP #CA 13.3

Prepare Three Cheese Macaroni & Cheese – Dairy Free

- Directions:**
1. Gather the supplies and ingredients in Part 1.
 2. Follow the steps listed in Part 2 to prepare Three Cheese Macaroni & Cheese – Dairy Free.
 3. Demonstrate for instructor and get signature.
-

Part 1 Supplies:

Measuring cups
Measuring spoons
Large bowl
Colander
Digital scale
Grater
Baking dish, 9 × 13 inches

Ingredients:

Elbow macaroni
All-purpose flour
Salt
Black pepper
Non-dairy creamer
Soy Sation mozzarella cheese
Soy Kaas cheddar cheese
Tofetti cream cheese
Panko bread crumbs
Grape seed oil
Ground mustard
Margarine

JOB SHEET #3 (cont.)
LAP #CA 13.3

Part 2 Recipe for Three Cheese Macaroni & Cheese – Dairy Free:

4 cups	Elbow macaroni, uncooked	½ cup	Grape seed oil
6 Tbsp.	All-purpose flour	1 tsp.	Ground Mustard
½ tsp.	Salt	¼ tsp.	Black Pepper
4 cups	Non-dairy creamer	8 oz.	Tofetti cream cheese
8 oz.	Soy Sation mozzarella cheese, shredded	12 oz.	Soy Kaas cheddar cheese, shredded
½ cup	Margarine, melted	2 cups	Panko bread crumbs

Part 2 Method:

1. Cook macaroni as directed on package, drain and set aside.
2. In double boiler, mix oil, flour and ground mustard to make a roux.
3. Cook over medium heat for 2 minutes to allow flour to cook.
4. Stir in non-dairy creamer slowly. Cook until starts to thicken.
5. Add additional milk if needed for desired thickness.
6. Turn down heat to low.
7. Add salt and pepper.
8. Stir in cheese, starting with the cream cheese, one at a time until smooth.
9. Add noodles to cheese mixture and toss to coat.
10. Pour into baking dish.
11. Mix butter and Panko bread crumbs and spread over the macaroni.
12. Bake at 350° for 30 minutes or until browned.

Instructor's signature _____

Note: Food Presentation Rubric will be used in evaluation.

Food Presentation Rubric

Name(s) of Student _____

Evaluation Criteria	Poor	Good	Excellent	Score
Professionalism				
Uniform and Appearance	0 1 2 Non- professional appearance, attire and/or grooming	3 4 Neat appearance, attire and grooming, but lacks polish	5 6 Professional appearance,	
Attitude	0 1 2 Poor/non-professional attitude	3 4 Shows professional attitude part of the time	5 6 Professional attitude	
Teamwork	0 1 2 Members lack team organization	3 4 5 6 Members demonstrate minimal teamwork	7 8 Members work effectively and efficiently as a team	
Clear Communication	0 1 2 Lacks communication	3 4 Communicates part of the	5 6 Communicates well	
Safety and Sanitation				
Cleanliness of Station	0 1 Unsanitary situation Creates unsafe product	2 3 4 5 6 7 8 Shows some sanitation concerns during and after preparations	9 10 Follows all safety practices	
Cross Contamination	0 1 2 3 4 Disregard of safety creating unsafe product	5 6 7 8 Shows minimal safety concerns during preparation	9 10 Follows all safety practices	

Food Presentation Rubric (continued)

Evaluation Criteria	Poor			Good			Excellent			Score	
	0	1	2	3	4	5	6	7	8		9
Time Management											
Speed	0	1	2	3	4	5	6	7	8	9	10
	Does not work at an appropriate speed		Sometimes works at an appropriate speed			Always works at an appropriate speed					
Accuracy	0	1	2	3	4	5	6	7	8	9	10
	Not accurate in doing task and/or in proper sequence		Partially accurate in doing task and/or in proper sequence			Accurate in doing task and/or in proper sequence					
All Items Finished at the Same Time	0	1	2	3	4	5	6	7	8	9	10
	Disregard of time management plan		Partial implementation of time management plan			Effectively follows the time management plan					
Constantly on Task	0	1	2	3	4	5	6	7	8	9	10
	Does not stay on task		Stays on task only part of the time			Always stays on task					
Product Quality											
Finished Food Product	0	1	2	3	4	5	6	7	8	9	10
	Food product needs improvement		Adequate, but not outstanding			Correct preparation of food/recipe resulted in excellent product					

Comments: