

## Inquisicook 1 Lesson Track - 3 Lessons Per Week

### Week 1

Eggs Lesson 1	Eggs: Function and Freshness Lesson Video Quick Quiz, Comprehension Check 1.1 Test for Freshness, Activity 1.1
Eggs Lesson 2	Protein Denaturation and Coagulation Lesson Video Model Denaturation & Coagulation, Activity 1.2 Molecular Movement in Water, Activity 1.3
Eggs Lesson 3	Scrambled Eggs Lesson Video Fluffy vs. Creamy Scrambled Eggs, Experiment 1.1

### Week 2

Eggs Lesson 4	Custards Part 1 Lesson Video Model Custard Formation with Wikki Stix, Activity 1.4 How to Hold a Knife Crustless Ham & Cheese Quiche, Recipe Evaluation 1.1
Eggs Lesson 5	Fried Eggs Lesson Video Over Medium Fried Egg Recipe Evaluation 1.2
Eggs Lesson 6	Over Easy or Over Hard Eggs, Activity 1.5

### Week 3

Eggs Lesson 7	Boiled Eggs Lesson Video Cold Start vs. Hot Start Boiled Eggs, Experiment 1.2
Eggs Lesson 8	Deviled Eggs Lesson Video Classic Deviled Eggs, Recipe Evaluation 1.3
Eggs Lesson 9	Festive Deviled Eggs Concept, Activity 1.6

### Week 4

Eggs Lesson 10	Custards Part 2 Lesson Video Narrate and Model Custard Formation, Comprehension Check 1.2 Lemon Curd, Recipe Evaluation 1.4
Eggs Lesson 11	Egg White Foams Lesson Video Model Egg Foam Formation with Wikki Stix & Ping Pong Balls, Activity 1.7 Foam Folding Practice, Activity 1.8
Eggs Lesson 12	Narrate and Model Egg Foam Formation, Comprehension Check 1.3 Egg Foam Formation Quiz

### Week 5

Eggs Lesson 13	Coconut Meringue Macaroons Lesson Video Coconut Meringue Macaroons, Recipe Evaluation 1.5
Eggs Lesson 14	Poached Eggs Lesson Video Poached Eggs, Recipe Evaluation 1.6
Eggs Lesson 15	Eggs Unit Test

### Week 6

Quick Breads Lesson 1	Wheat & Flours Lesson Video Diagram of a Wheat Kernel, Activity 2.1
Quick Breads Lesson 2	How Wheat is Milled into Flour Video Narrate Wheat Kernel and Components of Flours, Comprehension Check 2.1
Quick Breads Lesson 3	Leavening Agents Lesson Video Buttermilk & Baking Soda Reaction, Activity 2.2

### Week 7

Quick Breads Lesson 4	Measuring Ingredients Video Narrate How to Measure, Comprehension Check 2.2
Quick Breads Lesson 5	Irish Soda Bread Lesson Video Irish Soda Bread Recipe Evaluation 2.1
Quick Breads Lesson 6	The History of Baking Powder Baking Powder Magazine Advertisement, Activity 2.3

### Week 8

Quick Breads Lesson 7	Blue Ribbon Banana Bread Lesson Video Blue Ribbon Banana Bread, Recipe Evaluation 2.2
Quick Breads Lesson 8	The History of Banana Marketing
Quick Breads Lesson 9	Brazilian Cheese Bread Lesson Video Brazilian Cheese Bread Recipe Evaluation 2.3

### Week 9

Quick Breads Lesson 10	What is Tapioca?
Quick Breads Lesson 11	Blender Brazilian Cheese Bread, Activity 2.4
Quick Breads Lesson 12	Skillet Flatbread Lesson Video Skillet Flatbread Recipe Evaluation 2.4

### Week 10

Quick Breads Lesson 13	Measurement Equivalents & Abbreviations Tarsia Puzzle
Quick Breads Lesson 14	Blueberry Muffin Lesson Video Blueberry Muffin Recipe Evaluation 2.5
Quick Breads Lesson 15	Quickbreads Unit Test

### Week 11

Salads & Dressings Lesson 1	Intro to Salads & Dressings Lesson Video Jelly Bean Taste Test, Activity 3.1
Salads & Dressings Lesson 2	Supertasters Video & Activity 3.2
Salads & Dressings Lesson 3	The Five Tastes Lesson Video Taste Interactions and Honeydew Salad Activity 3.3

### Week 12

Salads & Dressings Lesson 4	Plant Cells Lesson Video Bell Pepper Plant Cell Model Activity 3.4
Salads & Dressings Lesson 5	Zesty Peruvian Dressing Narrate Cilantro Sensitivities & How Pulverizing Helps, Comprehension Check 3.1
Salads & Dressings Lesson 6	Water Balloon Vacuole, Activity 3.5, & Lettuce Rehydration, Activity 3.6

### Week 13

Salads & Dressings Lesson 7	Emulsions Part 1 Lesson Video Emulsion Model, Activity 3.7
Salads & Dressings Lesson 8	Tuscan Cannellini & Tomato Salad, Recipe Evaluation 3.1
Salads & Dressings Lesson 9	Writing Lab Report Introductions

### Week 14

Salads & Dressings Lesson 10	Emulsions Part 2 Lesson Video Emulsifier Stability Comparison, Experiment 3.1 Emulsifier Stability Lab Report
Salads & Dressings Lesson 11	Panzanella Lesson Video Panzanella, Recipe Evaluation 3.2
Salads & Dressings Lesson 12	Asian Chopped Salad Lesson Video Asian Chopped Salad, Recipe Evaluation 3.3

### Week 15

Salads & Dressings Lesson 13	Chicken Caesar Salad Lesson Video Chicken Caesar Salad, Recipe Evaluation 3.4
Salads & Dressings Lesson 14	Homemade Ranch Dressing, Recipe Evaluation 3.5
Salads & Dressings Lesson 15	Salads & Dressings Unit Test

### Week 16

Yeast Breads Lesson 1	Gluten Lesson Video Playdough & Wikki Stix Gluten Formation Model, Activity 4.1
Yeast Breads Lesson 2	Gluten Extraction & Resting, Activity 4.2
Yeast Breads Lesson 3	Yeast Bread Basics Lesson Video Yeast Breads Glossary Review

### Week 17

Yeast Breads Lesson 4	Yeast 101 Lesson Video Yeast Fermentation Comparison Experiment 4.1 Yeast Fermentation Comparison Worksheet
Yeast Breads Lesson 5	Focaccia Lesson Video Focaccia Recipe Evaluation 4.1
Yeast Breads Lesson 6	Focaccia Artistry Concept

### Week 18

Yeast Breads Lesson 7	Dinner Rolls Lesson Video Dinner Rolls Recipe Evaluation 4.2
Yeast Breads Lesson 8	Learn About Rye Flours
Yeast Breads Lesson 9	Cinnamon Rolls Lesson Video Cinnamon Rolls Recipe Evaluation 4.3

### Week 19

Yeast Breads Lesson 10	Artisan Bread Shapes
Yeast Breads Lesson 11	Basic White Loaf: No-Knead 4-Fold Version Lesson Video Basic White Loaf: No-Knead 4 Fold Version, Recipe Evaluation 4.4
Yeast Breads Lesson 12	Designing and Conducting an Experiment Experiment Concepts, Activity 4.3

### Week 20

Yeast Breads Lesson 13	Twisted Herb Bread Lesson Video Twisted Herb Bread, Recipe Evaluation 4.5
Yeast Breads Lesson 14	Why Bread Stales
Yeast Breads Lesson 15	Yeast Bread Unit Exam

### Week 21

HS&S + Soups & Stocks Lesson 1	Herbs, Spices, & Seasonings Overview Lesson Video Rosemary Roasted Potatoes, Recipe Evaluation 5.1
HS&S + Soups & Stocks Lesson 2	Spice Cabinet Assessment & Tasting, Activity 5.1
HS&S + Soups & Stocks Lesson 3	Bringing Out Their Best Lesson Video Compound Butters, Recipe Evaluation 5.2

### Week 22

HS&S + Soups & Stocks Lesson 4	Flavored Simple Syrup, Activity 5.2 (Demo Video)
HS&S + Soups & Stocks Lesson 5	Salt: The Amazing Edible Rock Lesson Video Basil Pesto, Recipe Evaluation 5.3
HS&S + Soups & Stocks Lesson 6	Onions Lesson Video Playdough Quarter Pivot Chopping Practice, Activity 6.1

**Week 23**

HS&S + Soups & Stocks Lesson 7	Playdough Model of Onion Cells, Activity 6.2 Narrate Why Onion Cell Shape & Arrangement Matter, Comprehension Check 6.1
HS&S + Soups & Stocks Lesson 8	Stocks 101 Lesson Video Chicken Knife Skills, Activity 6.3
HS&S + Soups & Stocks Lesson 9	Model Transformation of Collagen to Gelatin, Activity 6.4

**Week 24**

HS&S + Soups & Stocks Lesson 10	Homemade Chicken Stock, Activity 6.5 (Demo Video)
HS&S + Soups & Stocks Lesson 11	Broccoli Cheese Soup Lesson Video Broccoli Cheese Soup, Recipe Evaluation 6.1
HS&S + Soups & Stocks Lesson 12	Chicken Decisions Lesson Video Chicken Soup, Recipe Evaluation 6.2

**Week 25**

HS&S + Soups & Stocks Lesson 13	Cooking with Schmaltz
HS&S + Soups & Stocks Lesson 14	Cream of Cauliflower Soup Lesson Video Cream of Cauliflower Soup, Recipe Evaluation 6.3
HS&S + Soups & Stocks Lesson 15	Herbs, Spices, & Seasonings and Soups & Stocks Unit Exam