



Course Outcome Summary

Course Information: **FOODS1 - Introduction to Foods**

Description:	This course explores food preparation and nutrition. Emphasis is strongly placed on safety and sanitation in and out of the kitchens, terminology, conversions, recipe reviewing, and food preparation. Students will be able to demonstrate safety and sanitation in the labs while preparing food by following sanitation techniques as they learn how to prepare a dish by following a recipe properly. We begin with safety and sanitation and make our way through all the food groups including learning about the nutritional value of each group, how they help for our bodies and how to prepare foods using those food groups. Students have the opportunity to explore FCCLA - Family, Career, and Community Leaders of America - and gain a better understanding of the organization and how they can be involved. There is a lab fee of \$15
Instruction Level:	9-12
Total Credits:	1 credit
Prerequisites:	No prerequisites
Textbooks:	Guide to Good Food; Bence, Deborah and Velda, Largen; ISBN: 978-1-61960-629-6; Goodheart-Wilcox publisher

Common Career and Technical Core Standards:

- Communicate and collaborate with others to accomplish tasks and develop solutions to problems and opportunities.
- Identify and apply employability skills.
- Assess benefits and challenges of working in diverse settings and on diverse teams.
- Apply leadership skills in real-world, family, community and business and industry applications.

Family and Consumer Sciences Standards:

- Recognize how germs spread in foods
- Identify characteristics of major food borne pathogens, their role in causing illnesses, foods involved in outbreaks and methods of prevention.
- Distinguish between refrigerated, freezer and room temperature food storage.
- Operate tools and equipment following safety procedures and OSHA requirements
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Apply measurement skills in a class recipe
- Demonstrate how to use a food thermometer

- Prepare various meats, seafood and poultry using safe handling and professional preparation techniques
- Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques

College and Career Readiness Standards:

- Order fractions
 - Working with measurement fractions, adding, multiplying and dividing.
- Recognize equivalent fractions and fractions in lowest terms
 - Working with measurement fractions, adding, multiplying and dividing.
- Locate important details in somewhat challenging passages
- Identify a clear central idea or theme in somewhat challenging passages or their paragraphs
- Show clear understanding of the persuasive purpose of the task by taking a position on the issue in the prompt and offering some context for discussion
- Provide thorough development in support of ideas; extend ideas by using specific, logical reasons and illustrative examples
- Show clear movement between general and specific ideas and examples
- Select one piece of data from a simple data presentation (e.g., a simple food web diagram)

Unit

- 1. Safety, Sanitation, Conversions, and Recipe review**
- 2. Fruits and Vegetables**
- 3. Grains and Dairy**
- 4. Meat and Poultry**
- 5. Oils**

Unit Outlines

1. Sanitation, safety, conversions and recipe review

Standards:

- Recognize how germs spread in foods
- Identify Characteristics of major food borne pathogens, their role in causing illnesses, foods involved in outbreaks and methods of prevention.
- Distinguish between refrigerated, freezer and room temperature food storage.
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements

Essential Question

- Students will be able to answer the question:
 - How do we avoid and prevent food borne illnesses?

Essential Knowledge:

- Sanitation:
 - Review on foodborne illnesses – student projects to present
 - Time temperature abuse – “danger zone” for germs and bacteria to grow
 - How to store food properly
 - How to properly wash hands and keep hair up
- Safety:
 - How to properly use knives and other equipment
- Conversions:
 - How to convert measuring spoons into measuring cups and vis versa
 - How many ounces in a cup and a pound
- Recipe review:
 - How to properly read a recipe
 - How to double and half a recipe
- Cooking:
 - Chocolate chip cookies, mug cakes, mug eggs, pizza rolls, rice crispies

2. Fruits and Vegetables

Standards:

- Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques
- Apply measurement skills in a class recipe
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Operate tools and equipment following safety procedures and OSHA requirements

Essential Question:

- Students will be able to answer the question:
 - How do these food groups benefit our lifestyles?

Essential Knowledge:

- Serving sizes and importance of getting enough fruits and vegetables
- Nutrients found in fruits and vegetables
- Experiments with fruits and vegetables
 - Enzymatic browning
 - Canned, fresh, frozen, and dried taste testing
 - Vegetable cookery
 - Apple tasting
- Cooking:

- Fruit pizza, apple crisp
- Stir fry, potatoes, carrots, green beans, asparagus, tater tot casserole
- Research and presentation on fruit or vegetable of choice

3. Grains and Dairy

Standards:

- Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques
- Apply measurement skills in a class recipe
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Operate tools and equipment following safety procedures and OSHA requirements

Essential Question:

- Students will be able to answer the question:
 - How do these food groups benefit our lifestyles?

Essential Knowledge:

- Serving sizes and importance of getting enough grains and dairy
- Nutrients found in grains and dairy
- Experiments:
 - Milk fat vs dish soap
 - Grains comparison – brand name vs off brand
- Cooking:
 - Quick breads – (pumpkin, banana, and zucchini), scones, muffins
 - Cheese tasting, chicken alfredo, mac and cheese, pudding

4. Meat and Poultry

Standards:

- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements
- Apply measurement skills in a class recipe
- Demonstrate how to use a food thermometer
- Prepare various meats, seafood and poultry using safe handling and professional preparation techniques
- Recognize how germs spread in foods

Essential Question:

- Students will be able to answer the question:
 - How do these food groups benefit our lifestyles?

Essential Knowledge:

- Serving sizes and importance of getting enough meat and poultry
- Nutrients found in meats and poultry

- Cooking:
 - Chicken tenders, meatballs, pizza

5. Oils

Standards:

- Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques
- Apply measurement skills in a class recipe
- Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware and utensils to meet industry standards and OSHA requirements

Essential Question:

- Students will be able to answer the question:
 - Why is this food group not as large of a food group as others?

Essential Knowledge:

- Serving sizes and importance of limiting the amount of oils
- What are good and bad oils
- What health benefits do using good oils have vs using bad oils
- Cooking:
 - Monkey Bread
 - Energy Bites

