



---

*Family & Consumer Sciences***Foods and Nutrition I****FA100A 755**

Course ID: 16054A001

This course includes classroom and laboratory experiences needed to develop a knowledge and understanding of culinary principles and nutrition for people of all ages. Course content encompasses: food service and preparation management using the decision-making process; meeting basic needs by applying nutrition concepts; meeting health, safety, and sanitation requirements; maximizing resources when planning/preparing/preserving/serving food; applying hospitality skills; analyzing nutritional needs in relation to change; and careers in nutrition and culinary arts, including entrepreneurship investigation.

Length of course:	1 Semester
Credits per semester	.5
Grade level:	9, 10, 11 &12
Prerequisite:	None

**General Goals/Purposes:**

Upon successful completion of this course, the student will:

- Demonstrate proper food safety and sanitation skills when cooking and serving food.
- Demonstrate proper measuring of liquid and dry ingredients.
- Read and write a standardized recipe.
- Demonstrate how to scale a recipe.
- Demonstrate skills necessary for basic cooking and baking.
- Describe careers in foodservice and culinary arts.
- Identify the top 3 causes of death in the United States.
- Summarize the 6 main nutrients.
- Summarize the importance of a healthy diet.
- Utilize the Food Guide Pyramid.
- Create a healthy meal plan.
- Identify strengths and weaknesses concerning his or her diet.
- Summarize the problems with fad diets, diet pills, and other weight loss techniques.
- Identify career opportunities in food service and culinary arts.

**Course Outline:**

Units of Instruction	Unit Objectives	Standard(s)	Duration (Hours)	Methods of Instruction	Methods of Assessment	Educational Resources
<b>Introduction to Foods and Nutrition</b> <ul style="list-style-type: none"> <li>• Syllabus</li> <li>• Classroom rules and procedures</li> <li>• Getting to know each other</li> </ul>	<ul style="list-style-type: none"> <li>• Describe what will be covered in the course</li> <li>• Describe the rules and procedures that are to be followed in the course</li> <li>• Identify and describe characteristics about myself and the other students in the class</li> </ul>		1	<ul style="list-style-type: none"> <li>• Activity</li> <li>• Audio, videos, overhead transparencies, and electronic presentations for illustration</li> <li>• Board work</li> <li>• Computer lead self instruction</li> <li>• Discuss</li> <li>• In-class assignments</li> <li>• Lecture</li> <li>• Written exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Critical thinking activity</li> <li>• Daily work</li> <li>• In-class assignments</li> <li>• Participation</li> </ul>	<ul style="list-style-type: none"> <li>• Handouts</li> </ul>
<b>Introduction to Family and Consumer Sciences Student Organizations</b> <ul style="list-style-type: none"> <li>• FCCLA (Family, Career, and Community Leaders of America)</li> </ul>				<ul style="list-style-type: none"> <li>• Activity</li> <li>• Audio, videos, overhead transparencies, and electronic presentations for illustration</li> <li>• Computer lead instruction</li> <li>• Computer lead self instruction</li> <li>• Discuss</li> <li>• In-class assignments</li> <li>• Independent Study</li> <li>• Lecture</li> </ul>	<ul style="list-style-type: none"> <li>• Critical thinking activity</li> <li>• Evaluate student work</li> <li>• Homework</li> <li>• In-class assignments</li> <li>• Lesson reviews</li> <li>• Oral feedback</li> <li>• Participation</li> <li>• Peer to peer problem solving</li> </ul>	<ul style="list-style-type: none"> <li>• Handouts</li> <li>• Internet</li> <li>• Posters</li> <li>• Teacher handouts</li> <li>• Textbook</li> <li>• Various web resources</li> </ul>
<b>Food Safety and Sanitation</b>	<ul style="list-style-type: none"> <li>• Describe the importance of food safety.</li> <li>• Display good grooming and personal hygiene habits.</li> <li>• Display proper cleaning and sanitizing.</li> <li>• Identify proper disposal of waste and recycling.</li> <li>• Display how to cook, thaw and serve foods safely.</li> <li>• Describe safe food practices.</li> <li>• Identify the causes of food borne illnesses.</li> <li>• Identify fire hazards.</li> <li>• Identify common accidents and injuries.</li> <li>• Use basic safety guidelines to prevent accidents and injuries.</li> <li>• Describe first aid and emergency procedures.</li> <li>• Summarize methods to safely preserve food at home.</li> <li>• Describe the roles of government agencies in protecting the food supply.</li> </ul>		10	<ul style="list-style-type: none"> <li>• Activity</li> <li>• Assessment inventory</li> <li>• Audio, videos, and electron presentations for illustration.</li> <li>• Computer lead instructions</li> <li>• Co-operative Learning</li> <li>• Demonstration</li> <li>• Discuss</li> <li>• Guided Practice</li> <li>• Hands-on experience</li> <li>• In-class assignments</li> <li>• Individual instruction\</li> <li>• Lecture</li> <li>• Project based</li> <li>• Reading Assignments</li> <li>• Research</li> <li>• Written Exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Critical thinking activity</li> <li>• Daily work</li> <li>• Demonstrate</li> <li>• Evaluate student work</li> <li>• Homework</li> <li>• In-class assignments</li> <li>• Independent Reading</li> <li>• Laboratory</li> <li>• Multimedia and computer technology</li> <li>• Oral feedback</li> <li>• Oral presentations</li> <li>• Participation</li> <li>• Project activities</li> <li>• Quiz</li> <li>• Rubric</li> <li>• Student guided practice</li> <li>• Student self-evaluation</li> <li>• Teacher guided practice</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Lab</li> <li>• Handouts</li> <li>• Internet</li> <li>• Teacher handouts</li> <li>• Textbook</li> <li>• Video</li> <li>• Sous Chef software</li> </ul>

<p>Preparing Standardized Recipes</p>	<ul style="list-style-type: none"> <li>• Explain the sections of standardized recipe.</li> <li>• Display proper reading of recipes.</li> <li>• Display proper measuring techniques.</li> <li>• Scale a recipe up and down.</li> <li>• Use scaled recipes.</li> <li>• Demonstrate how to make basic breakfast foods such as eggs, French toast, bacon, pancakes, biscuits and gravy.</li> <li>• Demonstrate basic baking making cookies, muffins, cakes, and brownies.</li> <li>• Identify and prepare casseroles.</li> <li>• Identify and prepare healthy snacks.</li> </ul>		<p>16</p>	<ul style="list-style-type: none"> <li>• Activity</li> <li>• Assessment inventory</li> <li>• Audio, videos, overhead transparencies, and electronic presentations for illustration</li> <li>• Computer led self-instruction</li> <li>• Co-operative Learning</li> <li>• Demonstrate</li> <li>• Discuss</li> <li>• Electronic presentations</li> <li>• Guided practice</li> <li>• Hands-on experience</li> <li>• In-class assignments</li> <li>• Lecture</li> <li>• Project based</li> <li>• Reading Assignments</li> <li>• Research</li> <li>• Role play</li> <li>• Simulation</li> <li>• Written exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Article review</li> <li>• Critical thinking activity</li> <li>• Daily work</li> <li>• Demonstrate</li> <li>• Essay</li> <li>• Evaluate student work</li> <li>• Homework</li> <li>• In-class assignments</li> <li>• Independent Reading</li> <li>• Laboratory</li> <li>• Multimedia and computer technology</li> <li>• Oral feedback</li> <li>• Oral presentations</li> <li>• Participation</li> <li>• Project activities</li> <li>• Quiz</li> <li>• Role play</li> <li>• Rubric</li> <li>• Student Guided Practice</li> <li>• Teacher Guided Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Lab</li> <li>• Handouts</li> <li>• Internet</li> <li>• Textbook</li> <li>• Video</li> <li>• The Sous Chef Software</li> </ul>
<p>Nutrition Basics</p>	<ul style="list-style-type: none"> <li>• Identify the nutrients in foods and their main functions.</li> <li>• Describe the digestive process and its stages.</li> <li>• Summarize the body's absorption of nutrients.</li> <li>• Describe how the body uses nutrients both now and later.</li> <li>• Explain Basal Metabolism Rate and how it relates to calories.</li> <li>• Identify the three types of carbohydrates.</li> <li>• Explain how plants create carbohydrates.</li> <li>• Identify and describe the forms that carbohydrates take in food.</li> <li>• Explain how to meet the need for carbohydrates in a healthful diet.</li> <li>• Explain protein, its structure and their types.</li> <li>• Identify the role of protein in a healthful diet.</li> <li>• Explain lipids, their structure and their types.</li> <li>• Summarize the role of cholesterol in a healthful diet.</li> <li>• Explain how vitamins work.</li> <li>• List the two types of vitamins and their functions.</li> <li>• List the two types of vitamins and their functions.</li> <li>• Explain minerals and describe their functions and types.</li> <li>• List seven ways water is crucial to your health.</li> <li>• Describe phytochemicals and their benefits.</li> </ul>		<p>20</p>	<ul style="list-style-type: none"> <li>• Activity</li> <li>• Assessment inventory</li> <li>• Audio, videos, overhead transparencies, and electronic presentations for illustration</li> <li>• Computer lead instruction</li> <li>• Co-operative Learning</li> <li>• Demonstrate</li> <li>• Discuss</li> <li>• Electronic presentation</li> <li>• Guided practice</li> <li>• Hands-on experience</li> <li>• In-class assignments</li> <li>• Individual instruction</li> <li>• Lecture</li> <li>• Project based</li> <li>• Reading Assignments</li> <li>• Research</li> <li>• Simulation</li> <li>• Written exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Binder</li> <li>• Critical thinking activity</li> <li>• Daily work</li> <li>• Demonstrate</li> <li>• Essay</li> <li>• Evaluate student work</li> <li>• Homework</li> <li>• In-class assignments</li> <li>• Independent Reading</li> <li>• Laboratory</li> <li>• Multimedia and computer technology</li> <li>• Oral feedback</li> <li>• Oral presentations</li> <li>• Participation</li> <li>• Project activities</li> <li>• Quiz</li> <li>• Rubric</li> <li>• Student Guided Practice</li> <li>• Student self-evaluations</li> <li>• Teacher Guided Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Handouts</li> <li>• Internet</li> <li>• Textbook</li> <li>• Video</li> <li>• Sous Chef Software</li> </ul>

<p>Food in Your Life My Pyramid &amp; My Plate</p>	<ul style="list-style-type: none"> <li>• Explain what makes food powerful.</li> <li>• Describe the role of science in food.</li> <li>• Summarize the ways that food provides pleasure.</li> <li>• Describe the skills you can build as you learn about food.</li> <li>• Explain culture and its relationship to food.</li> <li>• Summarize influences on cuisines and customs.</li> <li>• Identify similarities in global cuisines.</li> <li>• Explain food customs today.</li> <li>• Describe food customs in the United States.</li> <li>• Explain ecosystems and their relationships to food.</li> <li>• Describe the main sources of the U.S. food supply and the steps food takes from farm to consumption.</li> <li>• Identify global food problems and explain their causes.</li> <li>• Explain global water problems.</li> <li>• Describe solutions to global food problems.</li> <li>• Explain the relationship between science and technology.</li> <li>• Explain 5 ways technology affects food.</li> <li>• Identify three ways science improves health.</li> <li>• Name three ways cooks use technology in meal production.</li> </ul>		20	<ul style="list-style-type: none"> <li>• Activity</li> <li>• Assessment inventory</li> <li>• Audio, videos, overhead transparencies, and electronic presentations for illustration</li> <li>• Computer lead instruction</li> <li>• Co-operative Learning</li> <li>• Demonstrate</li> <li>• Discuss</li> <li>• Guided practice</li> <li>• Hands-on experience</li> <li>• In-class assignments</li> <li>• Lecture</li> <li>• Project based</li> <li>• Reading Assignments</li> <li>• Research</li> <li>• Written exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Critical thinking activity</li> <li>• Daily work</li> <li>• Demonstrate</li> <li>• Homework</li> <li>• In-class assignments</li> <li>• Independent Reading</li> <li>• Laboratory</li> <li>• Multimedia and computer technology</li> <li>• Oral feedback</li> <li>• Oral presentations</li> <li>• Participation</li> <li>• Project activities</li> <li>• Quiz</li> <li>• Student Guided Practice</li> <li>• Student self-evaluations</li> <li>• Teacher Guided Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Lab</li> <li>• Handouts</li> <li>• Internet</li> <li>• Teacher handouts</li> <li>• Textbook</li> <li>• Video</li> <li>• Sous Chef software</li> </ul>
<p>Health and Wellness</p>	<ul style="list-style-type: none"> <li>• Explain the dietary guidelines for Americans.</li> <li>• Describe MyPyramid and its recommendations.</li> <li>• Describe a nutrition facts panel, its contents, and how to use it.</li> <li>• Explain dietary supplements, their different forms, and their pros and cons.</li> <li>• Discuss the importance of separating nutrition facts from fiction.</li> <li>• Explain why the ideal body myth is problematic.</li> <li>• Discuss reasons for and consequences of the overweight epidemic.</li> <li>• Explain how to determine what a healthy weight is for you.</li> <li>• Describe how to manage weight in a healthy way.</li> <li>• Explain stress and its relationship to nutrition.</li> <li>• Describe the role food plays in illness and recovery.</li> <li>• Examine how food can help to resolve or manage chronic health problems.</li> <li>• Identify eating disorders and explain their causes and solutions.</li> <li>•</li> </ul>		11	<ul style="list-style-type: none"> <li>• Activity</li> <li>• Assessment inventory</li> <li>• Audio, videos, overhead transparencies, and electronic presentations for illustration</li> <li>• Computer lead instruction</li> <li>• Co-operative Learning</li> <li>• Demonstrate</li> <li>• Discuss</li> <li>• Guided practice</li> <li>• Hands-on experience</li> <li>• In-class assignments</li> <li>• Laboratory</li> <li>• Lecture</li> <li>• Project based</li> <li>• Reading Assignments</li> <li>• Research</li> <li>• Simulation</li> <li>• Written exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Article review</li> <li>• Critical thinking activity</li> <li>• Daily work</li> <li>• Demonstrate</li> <li>• Essay</li> <li>• Evaluate student work</li> <li>• Homework</li> <li>• In-class assignments</li> <li>• Laboratory</li> <li>• Multimedia and computer technology</li> <li>• Oral feedback</li> <li>• Oral presentations</li> <li>• Participation</li> <li>• Powerpoint presentation</li> <li>• Project activities</li> <li>• Quiz</li> <li>• Reading Assignments</li> <li>• Student Guided Practice</li> <li>• Teacher Guided Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Lab</li> <li>• Handouts</li> <li>• Internet</li> <li>• Teacher handouts</li> <li>• Textbook</li> <li>• Video</li> <li>• Sous Chef software</li> </ul>

<p>Careers in Food Service and Culinary Arts</p>	<ul style="list-style-type: none"> <li>• Identify top careers in food.</li> <li>• Summarize the benefits of working in the food service business.</li> <li>• Identify necessary job skills to work in the foodservice business.</li> </ul>		<p>3</p>	<ul style="list-style-type: none"> <li>• Activity</li> <li>• Assessment inventory</li> <li>• Audio, videos, overhead transparencies, and electronic presentations for illustration</li> <li>• Computer lead instruction</li> <li>• Co-operative Learning</li> <li>• Demonstrate</li> <li>• Discuss</li> <li>• Guided practice</li> <li>• Hands-on experience</li> <li>• In-class assignments</li> <li>• Laboratory</li> <li>• Lecture</li> <li>• Project based</li> <li>• Reading Assignments</li> <li>• Research</li> <li>• Simulation</li> <li>• Written exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Article review</li> <li>• Critical thinking activity</li> <li>• Daily work</li> <li>• Demonstrate</li> <li>• Essay</li> <li>• Evaluate student work</li> <li>• Homework</li> <li>• In-class assignments</li> <li>• Laboratory</li> <li>• Multimedia and computer technology</li> <li>• Oral feedback</li> <li>• Oral presentations</li> <li>• Participation</li> <li>• Powerpoint presentation</li> <li>• Project activities</li> <li>• Quiz</li> <li>• Reading Assignments</li> <li>• Student Guided Practice</li> <li>• Teacher Guided Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Computer Lab</li> <li>• Handouts</li> <li>• Internet</li> <li>• Teacher handouts</li> <li>• Textbook</li> <li>• Video</li> <li>• Sous Chef software</li> </ul>
--	--	--	----------	---	---	---

**Materials to be Used in the Classroom**

**Evaluations:**

- Labs/Lab reports
- Quizzes
- Tests
- Group Projects

**Textbook:**

- Glencoe: Food for Today (2011)

**Software:**

- The Sous Chef: Culinary Arts Edition 2008

**Additional References:**

- [www.mypyramid.gov](http://www.mypyramid.gov)

**Last updated:**

Tuesday, January 3, 2012

**Date Approved:**

Tuesday, January 3, 2012

rk