

Course Title: Basic Foods
Board Approval Date: 11/18/13
Credit / Hours: .5 credit

Course Description:

This course focuses on mastery of the PA Academic Standards for Family & Consumer Science. As students progress through this course they will participate in a systematic study of basic food techniques that will be useful in making a wide variety of foods. Students will practice preparing dishes that will become favorites for years to come, whether living independently or within a family setting. MyPyramid will be the basis for the study of nutrition. The food groups represented on the pyramid will be studied in depth with preparation completed in each area. Clean up procedures, safety, and sanitation are also a part of the curriculum.

Learning Activities / Modes of Assessment:

Large group instruction	Tests and Quizzes
Small group instruction	Checklists/Teacher Observation
Kitchen Labs	Projects with Rubrics
Small group work	Lab Journals/Write-ups
Consumer Comparisons	

Instructional Resources:

Text:
Guide to Good Food, (Goodheart-Willcox Company, 2010)
www.MyPyramid.gov
www.wikipedia.org

VHS Tapes:
‘Steps to a Healthier You; My Pyramid’
‘What is a Calorie?’
‘Spoiled Rotten’
‘Amazing Eggs’
‘Crash Course on Calcium’
‘Say Cheese’

“Let’s Make a Meal”
“Festive Salads”
“Baking Basics – Yeast”
“Baking Basics – Pies”
‘Amazing Grains’
‘Fruits & Vegetables’

Various videos from “Like the Hat Productions”

Food Models

Nutritional Labels

Course Pacing Guide

Course: **Basic Foods**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Kitchen Management	10 days
2. Basic Nutrition	8 days
3. Food Safety	5 days
4. Dairy	18 days
5. Eggs	10 days
6. Fruits and Veggies	10 days
7. Seasonal	3 days
8. Grains	16 days
9. Cakes and Pies	<u>10 days</u>
DAYS TOTAL	90 Days

Topic: UNIT 1 ~ KITCHEN MANAGEMENT

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.6.F – Essential

Analyze basic food preparation techniques and food-handling procedures.

Abbreviations for units of measure.

Location of appliances, equipment, and the general layout of the FCS department

Expectations of the course

Practices to promote safety & sanitation

Equivalent measures

Proper table settings

Table etiquette

Proper handling of oneself and equipment related to food preparations conserves time, energy, and supplies while putting out a good product for consumption.

11.3.3.B – Essential

Describe personal hygiene techniques in food handling (e.g., handwashing, sneeze control, signs of food spoilage).

11.3.6.F – Essential

Analyze basic food preparation techniques and food-handling procedures.

Demonstrate how to hand wash dishes properly.

Identify kitchen tools & appliances

Measure dry and liquid ingredients properly.

Convert equivalent measures

11.3.3.B - Describe personal hygiene techniques in food handling (e.g., handwashing, sneeze control, signs of food spoilage).

11.2.6.B - Deduce the importance of time management skills (e.g. home, school, recreational activities).

11.2.6.C - Classify the components of effective teamwork and leadership.

Topic: UNIT 2 ~ BASIC NUTRITION

Days: 8

Subject(s):

Grade(s):

Know:	Understand:	Do:
<p>11.3.9.D – Important Analyze relationship between diet and disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol and heart disease; folate and birth defects; sodium and hypertension).</p> <p>11.3.9.E – Important Analyze the energy requirements, nutrient requirements and body composition for individuals at various stages of the life cycle.</p> <p>11.3.9.F – Essential Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).</p> <p>11.3.12.C – Essential Evaluate sources of food and nutrition information.</p> <p>The 6 essential nutrients</p> <p>The recommended servings of each food group</p> <p>The functions of nutrients in the human body</p> <p>Good dietary sources for the nutrients</p>	<p>Following dietary guidelines and general healthful eating habits is conducive to long term health & wellness.</p>	<p>11.3.6.F – Unranked Analyze basic food preparation techniques and food-handling procedures.</p> <p>11.3.6.E – Unranked Explain the relationship between calories, nutrient and food input versus energy output; describe digestion.</p> <p>11.3.6.D – Unranked Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.</p> <p>11.3.9.E – Important Analyze the energy requirements, nutrient requirements and body composition for individuals at various stages of the life cycle.</p> <p>11.3.9.F – Essential Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).</p> <p>11.3.12.C – Essential Evaluate sources of food and nutrition information.</p> <p>11.3.6.E - Explain the relationship between calories, nutrient and food input versus energy output; describe digestion.</p> <p>11.3.6.D - Describe a well-balanced daily menu using the dietary guidelines and the food guide pyramid.</p> <p>11.3.9.D - Analyze relationship between diet and disease and risk factors (e.g., calcium and osteoporosis; fat, cholesterol and heart disease; folate and birth defects; sodium and hypertension).</p>

Topic: UNIT 2 ~ BASIC NUTRITION

Days: 8

Subject(s):

Grade(s):

Know:

Understand:

Do:

Deficiency diseases

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Topic: Unit 3 ~ FOOD SAFETY

Days: 5

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.6.B – Essential

Describe safe food handling techniques (e.g., storage, temperature control, food preparation, conditions that create a safe working environment for food production).

11.3.9.B – Important

Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

Food Borne Illness is common, preventable, and serious!

Criteria of the 'danger zone.'

Symptoms of food borne illness.

Causes of food borne illness.

The causes of food borne illness can be minimized or prevented to avoid symptoms which could lead to long term health problems or even death.

11.3.6.B – Essential

Describe safe food handling techniques (e.g., storage, temperature control, food preparation, conditions that create a safe working environment for food production).

11.3.9.B – Important

Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

11.3.3.B - Describe personal hygiene techniques in food handling (e.g., handwashing, sneeze control, signs of food spoilage).

Topic: UNIT 4 ~ DAIRY (milk & cheese)

Days: 18

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.9.A – Important

Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).

11.3.9.E – Important

Analyze the energy requirements, nutrient requirements and body composition for individuals at various stages of the life cycle.

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

homogenization
& pasteurization

forms of milk

nutritional benefits of
dairy

selection and storage of
dairy foods

milk & cheese cookery
methods

process of cheese
making

cheese classifications

Dairy foods are a processed food group (milk and cheese) that come in many forms; it is nourishing and extremely versatile in terms of its uses and cooking methods.

11.3.3.E – Unranked

Define energy-yielding nutrients and calories.

11.3.3.D – Unranked

Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

11.3.3.F – Unranked

Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.9.A – Important

Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).

11.3.9.E – Important

Analyze the energy requirements, nutrient requirements and body composition for individuals at various stages of the life cycle.

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

11.3.12.B – Important

Evaluate the role of Government agencies in safeguarding our food supply (e.g., USDA, FDA, EPA and CDC).

11.2.12.C – Essential

Analyze teamwork and leadership skills and their application in various family and work situations.

11.3.3.D - Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

Topic: UNIT 4 ~ DAIRY (milk & cheese)

Days: 18

Subject(s):

Grade(s):

Know:

Understand:

Do:

<p>fondue</p> <p>purpose of fortifying milk with vitamin D</p>		<p>11.3.3.F - Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).</p> <p>Execute a recipe featuring cheese or milk as the main ingredient.</p>
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Topic: UNIT 5 ~ EGGS

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.3.A – Unranked

Know the production steps that a food travels from the farm to the consumer.

11.3.9.A – Important

Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).

Know the production steps that eggs travel from farmer to consumer.

how eggs are classified

candling

anatomy of an egg

functions of eggs in cookery (coloring, flavor, nutrition, leavening, emulsifier, thickener, etc.)

Like dairy products, eggs have nutritional value and offer versatility in cookery

11.3.3.A – Unranked

Know the production steps that a food travels from the farm to the consumer.

11.3.3.D – Unranked

Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

11.3.3.F – Unranked

Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.2.12.C – Essential

Analyze teamwork and leadership skills and their application in various family and work situations.

11.3.9.A – Important

Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).

11.3.3.A - Know the production steps that a food travels from the farm to the consumer.

11.3.3.D - Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

11.3.3.F - Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

Execute cookery methods featuring eggs as the main ingredient.

Topic: UNIT 6 ~ FRUITS & VEGGIES

Days: 10

Subject(s):

Grade(s):

Know:

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

The recommended dietary allowance of fruits and vegetables

How to best preserve nutrients in produce during the cooking process

Classifications of vegetables & fruits: legumes, bulbs, flowers, fruits, leaves, roots, seeds, stems, tubers, melons, citrus, tropical, berries, pomes, drupes

Forms in which produce is purchased

Benefit of fiber in the diet

Understand:

Eating a diverse selection of fruits and vegetables is essential to getting maximum nutritional benefits.

Do:

11.3.3.D – Unranked

Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

11.3.3.F – Unranked

Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.3.G – Unranked

Classify foods according to senses (e.g., taste, touch, smell, mouth feel, sight, sound).

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

11.3.3.D - Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

11.3.3.F - Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.3.G - Classify foods according to senses (e.g., taste, touch, smell, mouth feel, sight, sound).

Execute a basic recipe of their choice featuring produce as the main ingredient

*Classify fruits and vegetables

Topic: UNIT 7 ~ SEASONAL

Days: 3

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.9.B – Important

Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

11.3.9.F – Essential

Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

SEPT~ Mixing methods of quick breads +/- cookies

SEPT~ Qualities of superior cookies +/- quick breads

NOV~ cookery & handling techniques of turkey which produce a great product for consumption while minimizing the chance of food borne illness.

NOV~ history of Thanksgiving

SPRING ~ how to put out a grease fire

At different times of the year, history, culture, & tradition influence our food choices.

11.3.3.F – Unranked

Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.9.B – Important

Identify the cause, effect and prevention of microbial contamination, parasites and toxic chemicals in food.

11.3.9.F – Essential

Hypothesize the effectiveness of the use of meal management principles (e.g., time management, budgetary considerations, sensory appeal, balanced nutrition, safety, sanitation).

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.3.3.F - Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

Execute cookery methods that feature the seasonal food item: SEPT. - fair entry, SPRING - doughnuts

Topic: UNIT 7 ~ SEASONAL

Days: 3

Subject(s):

Grade(s):

Know:

Understand:

Do:

SPRING ~ history & tradition of doughnuts or 'King's Cake' for 'Fat Tuesday.'		
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Topic: UNIT 8 ~ GRAINS

Days: 16

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

11.3.12.G – Important

Analyze the relevance of scientific principles to food processing, preparation and packaging.

11.3.9.A – Important

Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.3.6.C – Essential

Analyze factors that effect food choices.

11.3.6.B – Essential

Describe safe food handling techniques (e.g., storage, temperature control, food preparation, conditions that create a safe working environment for food production).

11.3.6.F – Essential

Analyze basic food preparation techniques and food-handling procedures.

Grains are a staple of the world offering versatility in cooking and nutrition.

11.3.3.F – Unranked

Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.3.G – Unranked

Classify foods according to senses (e.g., taste, touch, smell, mouth feel, sight, sound).

11.3.3.D – Unranked

Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

11.3.12.C – Essential

Evaluate sources of food and nutrition information.

11.3.12.G – Important

Analyze the relevance of scientific principles to food processing, preparation and packaging.

11.3.9.A – Important

Explain how scientific and technological developments enhance our food supply (e.g., food preservation techniques, packaging, nutrient fortification).

11.3.9.G – Important

Analyze the application of physical and chemical changes that occur in food during preparation and preservation.

11.3.6.C – Essential

Analyze factors that effect food choices.

11.3.6.B – Essential

Describe safe food handling techniques (e.g., storage, temperature control, food preparation, conditions that create a safe working environment for food production).

11.3.6.F – Essential

Analyze basic food preparation techniques and food-handling procedures.

Topic: UNIT 8 ~ GRAINS

Days: 16

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.6.G – Important

Describe the physical, biological, and chemical changes that take place in food preparation.

anatomy of grain kernel

nutrients offered from each area of the kernel

purpose of refining

the purpose of 'mold inhibitors'

purpose of enriching

which language on grain product labels indicate it truly is a 'whole grain product' and which language on labels trick consumers into thinking the product is whole grain

serving recommendations for grains

key points in working with yeast

characteristics and cooking methods of yeast breads & quick breads

how to properly store grains

differences in content & function of flours on the market (cake flour, all-

11.3.3.F - Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.3.G - Classify foods according to senses (e.g., taste, touch, smell, mouth feel, sight, sound).

11.3.3.D - Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

Convert grams of sugar to teaspoons of sugar of the students' favorite breakfast cereals.

Execute a recipe of choice featuring grains/flour as the main ingredient.

11.3.6.G - Describe the physical, biological, and chemical changes that take place in food preparation.

Topic: UNIT 8 ~ GRAINS

Days: 16

Subject(s):

Grade(s):

Know:

Understand:

Do:

<p>purpose flour, bread flour)</p> <p>characteristics of doughs and batters</p> <p>principles of baking</p>		
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Topic: UNIT 9 CAKES & PIE

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

11.3.12.G – Important

Analyze the relevance of scientific principles to food processing, preparation and packaging.

11.3.6.F – Essential

Analyze basic food preparation techniques and food-handling procedures.

11.3.6.G – Important

Describe the physical, biological, and chemical changes that take place in food preparation.

11.2.9.C – Essential

Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.

Food science principles of baking cakes.

Mixing methods & differences in ingredients among shortened & unshortened cakes

Types of icings/frostings

Meringue

Techniques in making a basic pie crust

Qualities of a superior cake

Just like many other baked items, cakes are often categorized by their ingredients or the baking methods that are required.

11.3.3.F – Unranked

Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.3.G – Unranked

Classify foods according to senses (e.g., taste, touch, smell, mouth feel, sight, sound).

11.3.12.G – Important

Analyze the relevance of scientific principles to food processing, preparation and packaging.

11.3.6.F – Essential

Analyze basic food preparation techniques and food-handling procedures.

11.2.9.C – Essential

Assess the effectiveness of the use of teamwork and leadership skills in accomplishing the work of the family.

11.3.3.F - Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques).

11.3.3.G - Classify foods according to senses (e.g., taste, touch, smell, mouth feel, sight, sound).

11.3.6.G - Describe the physical, biological, and chemical changes that take place in food preparation.

Topic: UNIT 9 CAKES & PIE

Days: 10

Subject(s):

Grade(s):

Know:

Understand:

Do:

Qualities of a superior pie crust		
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