

Course Name/Number: Foods and Nutrition

Grade Level: 10-12

Curriculum Map

Unit	Essential Questions	Standards & Skills	Common Assessments	Learning Activities	Resources/Technology	Unit Reflection
<p>Name: Food Safety and Sanitation Quarter: 1 Length (Days): 4 days (used in all cooking labs)</p>	<p>What factors contribute to food borne illness?</p> <p>How can I prevent food borne illness?</p> <p>What safety precautions do I need to follow in the Foods lab?</p>	<p>FACS National Standards: 8.2.1, 8.2.5, 8.2.6, 8.2.7, 9.2.1, 9.2.2, 9.2.3, 9.2.4, 9.2.5, and 9.2.6</p> <p>Common Core State Standards: RST 9-10.4</p>	<p>Formative: Lab work (demonstrate practices and procedures that assure personal health and hygiene) Worksheets</p> <p>Summative: Quiz over Safety and Sanitation</p>	<p>Hand Washing Activity</p> <p>PowerPoint on Safety and Sanitation</p> <p>Daily work in the labs</p>	<p>Guide to Good Food By: Velda L. Largen & Deborah L. Bence</p> <p>Teacher made materials including worksheets, quizzes, PowerPoints, test, and labs.</p>	<p>After completing this unit, students will be able to:</p> <p>Discuss causes, symptoms, and treatment of common foodborne illnesses.</p> <p>Describe/Demonstrate important standards of personal and kitchen cleanliness.</p> <p>Give examples of how following good safety practices can help prevent kitchen accidents.</p>
<p>Name: Measurements/Utensils Quarter: 1,2,3,4 Length (Days): 20 days (used in all cooking labs)</p>	<p>What utensils are needed for food preparation?</p> <p>How do I select cooking and baking utensils?</p> <p>How do I use the utensils and equipment found in the Foods Lab?</p> <p>How do I convert standard measurements?</p>	<p>FACS National Standards: 8.3.1, 8.3.2, 8.3.3, 8.3.5, 8.3.6 8.5.1, 8.5.3, and 8.5.4</p> <p>Common Core State Standards: RST 9-10.4 & 6.NS.1</p>	<p>Formative: Worksheets Lab work</p> <p>Summative: Quizzes Lab Work Test</p>	<p>Measurement Worksheets</p> <p>Measurement BINGO</p> <p>Utensil Packet</p> <p>Lab work with utensils and measurements</p>	<p>Teacher made materials including worksheets, packets, quizzes, and test.</p>	<p>After completing this unit, students will be able to:</p> <p>Identify various small kitchen utensils and discuss their functions</p> <p>Explain how to select and care for cooking and baking utensils.</p> <p>Demonstrate the use of various pieces of small kitchen equipment, cookware, and bakeware.</p>

	What is the correct use of liquid and dry measuring utensils?					Convert standard measurements. Use liquid and dry measuring utensils correctly.
Name: Yeast Breads Quarter: 1 Length (Days): 16 days	What are the different types of breads? What principles are important in bread making What is the function of the ingredients used in making bread? What convenience items are available for making bread?	FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10 Common Core State Standards: RST 9-10.4 & 6.NS.1	Formative: Worksheets Labs Summative: Labs Quiz Test	Yeast Breads PowerPoint Yeast Breads Worksheets Yeast Breads Word Find Yeast Breads BINGO Yeast Breads Quiz Lab Demonstrations Labs: -Sandwich Braid -Plain Loaf Bread -Cinnamon Rolls -Doughnuts -Pretzels	Guide to Good Food By: Velda L. Largen & Deborah L. Bence Teacher made materials including worksheets, quizzes, PowerPoints, test, and labs.	After completing this unit, students will be able to: Describe how to select and store baked goods. Identify the functions of ingredients in baked products. Identify the principles of bread making. Prepare yeast breads.
Name: Cakes Quarter: 1 Length (Days): 13 days	What are the different types of cakes? What principles are important in baking cakes? What is the function of the ingredients used in making cakes? What convenience items are available for making cakes?	FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10 Common Core State Standards: RST 9-10.4 & 6.NS.1	Formative: Worksheets Crossword Puzzle Labs Summative: Labs Quiz Test	Cakes PowerPoint Cakes Worksheets Cakes Crossword Cakes Bingo Lab Demonstrations Labs: -Baked Alaska -Layered Cake -Pumpkin Cake Roll	Guide to Good Food By: Velda L. Largen & Deborah L. Bence Teacher made materials including worksheets, crossword puzzle, PowerPoints, test, and labs. Internet-Recipes for different cake classifications	After completing this unit, students will be able to: Identify the different types of cakes. Describe the functions of basic ingredients used in cakes. Prepare and frost a variety of cakes.

<p>Name: Pastries Quarter: 2 Length (Days): 21 days</p>	<p>What is a pastry?</p> <p>What principles are important in pastry baking?</p> <p>What is the function of the ingredients used in making pastries?</p> <p>What convenience items are available for making pastries?</p> <p>What principles are involved in preparing a pie crust?</p> <p>What types of fillings are used in pies?</p> <p>What is a lattice crust and how is it prepared?</p> <p>What principles are involved in preparing meringue?</p>	<p>FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10</p> <p>Common Core State Standards: RST 9-10.4 & 6.NS.1</p>	<p>Formative: Worksheets Word Find Labs</p> <p>Summative: Labs Quiz Test</p>	<p>Pastries PowerPoint</p> <p>History of Pies PowerPoint</p> <p>Pastries Worksheets</p> <p>Pastries Word Find</p> <p>Pastries Bingo</p> <p>Lab Demonstrations</p> <p>Labs: -Chicken Bundles -Apple Turnovers -Éclairs -Quiche -Apple Pie with Lattice Crust -Pumpkin Pie -Cream Pie</p>	<p>Guide to Good Food By: Velda L. Largen & Deborah L. Bence</p> <p>Teacher made materials including worksheets, word find, PowerPoints, test, and labs.</p>	<p>After completing this unit, students will be able to:</p> <p>Define pastry.</p> <p>Identify different types of pastry.</p> <p>Identify the principles involved in making pastry.</p> <p>Describe the functions of basic ingredients used making pastries.</p> <p>Identify the types of fillings used in pies.</p> <p>Prepare a variety of pastries.</p> <p>Construct a lattice crust.</p> <p>Prepare a meringue topping.</p>
<p>Name: Knife Skills – Pumpkin Carving Quarter: 2 Length (Days): 5 days</p>	<p>What skills are needed for carving a pumpkin?</p>	<p>National FCS Standards: 8.5.1, 9.2., 9.3., 9.5., 14.3., and 14.5</p> <p>Common Core State Standards: RST 9-10.4</p>	<p>Formative: Pumpkin Carving Lab</p> <p>Summative: Carved Pumpkin</p>	<p>Pumpkin Carving Lab</p>	<p>Online Pumpkin Carving Designs</p>	<p>Students will be able to transfer a design to a pumpkin and successfully carve the pumpkin</p>
<p>Name: Menu Planning Quarter: 2 Length (Days): 3 days</p>	<p>What are the basics to menu planning?</p> <p>How can I apply time management skills to menu planning?</p>	<p>FACS National Standards: 2.1.3, 8.4.3, 8.5.1, 8.5.2, 8.5.3, 8.5.4, 8.5.10, and 14.3.3</p>	<p>Formative: Thanksgiving Meal Lab</p> <p>Summative: Thanksgiving Meal</p>	<p>Thanksgiving Dinner - Lab</p>	<p>Thanksgiving Recipes</p>	<p>Students will be able to use time managements skills in planning and preparing and Thanksgiving Dinner.</p>

		Common Core State Standards: RST 9-10.4 & 6.NS.1				Students will be able to prepare a variety of traditional Thanksgiving recipes.
Name: Soups Quarter: 2 Length (Days): 13 days	<p>What are the basic types of soup?</p> <p>How do I prepare a stock-based soup?</p> <p>How do I prepare a milk-based soup?</p> <p>What convenience items are available for preparing soups?</p>	<p>FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10</p> <p>Common Core State Standards: RST 9-10.4 & 6.NS.1</p>	<p>Formative: Worksheets Crossword Puzzle Labs</p> <p>Summative: Labs Quiz Test</p>	<p>Soups PowerPoint</p> <p>Soups Worksheets</p> <p>Soups Crossword Puzzle</p> <p>Soups Bingo</p> <p>Lab Demonstrations</p> <p>Labs: -Chicken Noodle Soup -French Onion Soup -Cream of Potato Soup -Taco Soup -Chili Cook-Off</p>	<p>Guide to Good Food By: Velda L. Largen & Deborah L. Bence</p> <p>Teacher made materials including worksheets, crossword puzzle, PowerPoint, test, and labs.</p> <p>Internet-Chili Recipes</p>	<p>After completing this unit, students will be able to:</p> <p>Identify the basic types of soups.</p> <p>Describe the principles involved in preparing a stock-based soup.</p> <p>Describe the principles involved in preparing a milk-based soup.</p> <p>Prepare a variety of soups.</p> <p>Select and prepare a pleasing chili recipe.</p>
Name: Salads Quarter: 3 Length (Days): 16 days	<p>What are the basic types of salads?</p> <p>What principles are important in salad preparation?</p> <p>What are the basic types of salad dressings?</p> <p>What is an emulsion?</p> <p>What are the basic parts of a salad?</p>	<p>FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10</p> <p>Common Core State Standards: RST 9-10.4 & 6.NS.1</p>	<p>Formative: Worksheets Crossword Puzzle Labs</p> <p>Summative: Labs Quiz Test</p>	<p>Salads PowerPoint</p> <p>Salads Worksheets</p> <p>Salads Crossword Puzzle</p> <p>Salads Bingo</p> <p>Lab Demonstrations</p> <p>Labs: -Dressings -Taco Salad -Pasta Salads -Fruit Salad</p>	<p>Guide to Good Food By: Velda L. Largen & Deborah L. Bence</p> <p>Teacher made materials including worksheets, crossword puzzle, PowerPoint, test, and labs.</p> <p>Internet-Salad Recipes</p>	<p>After completing this unit, students will be able to:</p> <p>Identify the basic types of salads.</p> <p>Identify the basic types of salad dressings.</p> <p>Describe the principles involved in preparing the basic types of salads.</p> <p>Prepare a variety of salads.</p>

				-Gelatin Salad – Strawberry Pretzel Salad		Prepare a variety of salad dressings. Identify the basic parts of a salad.
Name: Cake Decorating Quarter: 3 Length (Days): 18 days	What basic tools are needed for cake decorating? What designs are produced by the different cake decorating tips? What do the numbers represent on the cake decorating tips?	FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10 Common Core State Standards: RST 9-10.4 & 6.NS.1	Formative: Worksheets Labs Summative: Labs Decorated Cake Test	Cake Decorating PowerPoint Decorating Designs Lab Demonstrations Labs: -Decorated Cookies -Cupcake Designs -People Cupcakes -Decorated Cake	Guide to Good Food By: Velda L. Largen & Deborah L. Bence Teacher made materials including worksheets, PowerPoint, test, and labs. Cake Decorating Tools Cake Decorating Videos Internet-Cake Designs and Videos	After completing this unit, students will be able to: Identify the basic cake decorating tools. Identify the tips used to produce a variety of designs. Decorate cookies and cakes using a variety of different cake decorating tips.
Name: Sugar Cookery Quarter: 3 Length (Days): 12 days	What are the basic properties of sugar? How does sugar change when it is used in cooking? What are the principles involved in making candy? How do the different types of candy differ? What is meant by the different stages of candy? How do you test the different stages of candy?	FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10 Common Core State Standards: RST 9-10.4 & 6.NS.1	Formative: Worksheets Crossword Puzzle Labs Summative: Labs Quiz Test	Properties of Sugar PowerPoint Candy Making PowerPoint Stages of Candy Hand Out Sugar Cookery and Candy Worksheets Sugars Crossword Puzzle Sugar Cookery Bingo Lab Demonstrations Labs: -Caramelizing Sugar -Rock Candy	Guide to Good Food By: Velda L. Largen & Deborah L. Bence Teacher made materials including worksheets, crossword puzzle, PowerPoints, test, and labs. Internet-Candy Recipes	After completing this unit, students will be able to: Identify the properties of sugar. Describe the basic candy making stages. Explain how to test candy to determine its stage. Explain the difference between the different types of candy. Prepare a variety of different types of candy.

				<ul style="list-style-type: none"> -Hard Candy -Peanut Butter Balls -Caramel Corn -Toffee Butter Crunch 		
<p>Name: Casseroles Quarter: 4 Length (Days): 10 days</p>	<p>What do casseroles have in common?</p> <p>What are the basic ingredients in a casserole?</p> <p>What is the role of the basic ingredients in a casserole?</p> <p>What is an extender when preparing a casserole?</p> <p>How can adding casseroles to the menu save time and/or money?</p> <p>What principles are involved in the preparation of casseroles?</p>	<p>FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10</p> <p>Common Core State Standards: RST 9-10.4 & 6.NS.1</p>	<p>Formative: Worksheets Crossword Puzzle Labs</p> <p>Summative: Labs Quiz Test</p>	<p>Casseroles PowerPoint</p> <p>Basic Casserole Ingredients Hand Out</p> <p>Design Your Own Casserole Worksheet</p> <p>Casserole Crossword Puzzle</p> <p>Casserole Bingo</p> <p>Labs: -Macaroni & Cheese Casserole -Chicken Casserole -Taco Casserole</p>	<p>Guide to Good Food By: Velda L. Largen & Deborah L. Bence</p> <p>Teacher made materials including worksheets, crossword puzzle, PowerPoints, test, and labs.</p> <p>Internet-Casserole Recipes</p>	<p>After completing this unit, students will be able to:</p> <p>Identify the basic ingredients in a casserole.</p> <p>Describe the role of the basic ingredients in casseroles.</p> <p>Explain the function of an extender in a casserole.</p> <p>Give examples of extenders which are often used in casseroles.</p> <p>Explain why the use of casseroles can save time and/or money when menu planning.</p> <p>Prepare a variety of different types of casseroles.</p>
<p>Name: Foreign Foods Quarter: 4 Length (Days): 20 days</p>	<p>How do foods eaten around the world compare to those we eat in the United States?</p> <p>How do food preferences differ among the different regions of the United States?</p>	<p>FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10</p> <p>Common Core State Standards: RST 9-10.4 & 6.NS.1</p>	<p>Formative: Worksheets Crossword Puzzle Labs</p> <p>Summative: Foreign Foods Group Presentation Labs Test</p>	<p>What the World Eats PowerPoint</p> <p>Foreign Foods PowerPoint</p> <p>Greek PowerPoint</p> <p>Greek Presentation</p>	<p>Guide to Good Food By: Velda L. Largen & Deborah L. Bence</p> <p>Teacher made materials including worksheets, crossword puzzles, PowerPoints, test, and labs.</p>	<p>After completing this unit, students will be able to:</p> <p>Identify how foods from other countries compare to those commonly eaten in the United States.</p>

	<p>What affects the food preferences of ethnic groups worldwide?</p> <p>What ingredients are associated with the different global regions?</p>			<p>Group Research on Individual Countries</p> <p>Group Presentations and Labs for Individual Countries</p> <p>Foreign Foods Bingo</p> <p>Labs: -Greek Cooking -Labs from Group Presentations</p>	<p>Group Presentations</p> <p>Internet-Foreign Food Research and Recipes</p>	<p>Explain how culture, religion, geography, etc. affects food preferences.</p> <p>Identify ingredients commonly associated with those countries researched by groups within the class.</p> <p>Prepare a variety of different ethnic foods.</p>
<p>Name: Grilling Quarter: 4 Length (Days): 10 days</p>	<p>What types of foods can be grilled?</p> <p>What principles are involved in grilling foods?</p> <p>How does charcoal grilling differ from gas grilling?</p> <p>How do you prepare foods for grilling?</p> <p>How do you prepare charcoal briquettes for grilling?</p> <p>How do you determine the temperature of the grill?</p> <p>What safety precautions should be considered when grilling?</p> <p>What is the difference between</p>	<p>FACS National Standards: 8.5.1, 8.5.2, 8.5.3, 8.5.4, and 8.5.10</p> <p>Common Core State Standards: RST 9-10.4 & 6.NS.1</p>	<p>Formative: Worksheets Crossword Puzzle Labs</p> <p>Summative: Foreign Foods Group Presentation Labs Quiz Test</p>	<p>Grilling PowerPoint</p> <p>Grilling Worksheet</p> <p>Grilling Crossword Puzzle</p> <p>Grilling Bingo</p> <p>Grilling Demonstration</p> <p>Labs: -Hamburgers and Brats -Chicken and Steak Kabobs -S'mores</p>	<p>Guide to Good Food By: Velda L. Largen & Deborah L. Bence</p> <p>Teacher made materials including worksheets, crossword puzzles, PowerPoints, test, and labs.</p> <p>Internet - Picnic Recipes</p>	<p>After completing this unit, students will be able to:</p> <p>Identify types of foods which may successfully be grilled.</p> <p>Discuss principles involved in grilling foods.</p> <p>Discuss safety precautions for grilling.</p> <p>Describe the difference between indirect and direct cooking when grilling.</p> <p>Give examples of foods appropriate for direct heat grilling.</p> <p>Give examples of food which would require indirect heat grilling.</p>

	cooking with indirect and direct heat?					Prepare a variety of grilled foods.
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