



New York Mills High School

Curriculum Document

Curriculum Area: Family and Consumer Sciences

Course Name: Foods

Common Course Catalog Number: 22051

Length of Course: Semester

Pre-Requisite: none

Grade Level: 10-12

Course Description:

This course is designed to teach the basics of foods. Units in this class consist of safety, sanitation, equipment, terms, and recipes, eggs and dairy, grains, fruits and vegetables, salad and soups, meats, breads, and baking. Students enrolled also study the nutritional aspects of food as well as practical consumer "know-how", meal planning and preparation.

Essential Learner Outcomes (5 to 7)

- * Students will demonstrate food safety and sanitation procedures.
- * Students will apply risk management procedures to food safety, food testing, and sanitation.
- * Students will demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
- * Students will evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.
- * Students will evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.

Units of Study:

*Safety, Sanitation, Equipment, Terms, and Recipes

*Eggs and Dairy

*Grains

*Fruits and Vegetables

*Salads and Soups

*Meats

*Breads

*Baking