

Course/Grade: Food Preparation and Nutrition 1

10-12 grade

Standard:

Biology 1 - pg 208 – Process Standard 1.2  
 Biology – pg 209 – Process Standard 3.5  
 Biology – pg 208 – Process Standard 1.2 & 1.3  
 Biology – pg 211 – Standard 5.2  
 Biology – pg 208 – Process Standard 3.1  
 Chemistry – pg 212 – Process Standard 1.2 & 1.3  
 Chemistry – pg 213 - Process Standard 3.5.  
 Chemistry – pg 213 – Process Standard 4.2, 4.3, 4.5, 4.6 and 4.7  
 Chemistry – pg 213 - Process Standard 5.1 & 5.3  
 Chemistry – pg 214 – Standard 1.4  
 Chemistry – pg 214 – Standard 2.2  
 Chemistry – pg 212 – Process Standard 3.1  
 Chemistry – pg 213 – Process Standard 3.4  
 Chemistry – pg 213 – Process Standard 4.1 & 4.2  
 Chemistry – pg 214 – Process Standard 6.4  
 Information Literacy – pg 399 – Standard 1.3  
 Language Arts – pg 92 – Standard 4.1 & 4.2  
 Language Arts – pg 119 – Standard 4.1 & 4.2  
 Physical Science – pg 204 – Process Standard 1.2 & 1.3  
 Physical Science – pg 205 – Process Standard 3.5  
 Physical Science – pg 204 – Process Standard 3.1  
 Physics – pg 215 – Process Standard 1.2  
 Physics – pg 215 – Process Standard 3.5  
 Physics – pg 215 – Standard 1.2 & 1.3  
 Physics – pg 215 – Process Standard 3.1  
 Health & Safety – pg 372 – Standard 1.1 & 1.3  
 Health and Safety – pg 372 – Standard 1.4  
 Health and Safety – pg 372 – Standard 1.5  
 Technology Education – pg 410 – Standard 12  
 Technology Education – pg 410 – Standard 10  
 Chemistry – pg 214 – Process Standard 6.4

	Weeks 1-6	Weeks 7-12	Weeks 13-18
Content/Concepts	<ul style="list-style-type: none"> <li>Wellness and food choices</li> <li>Understanding Nutrients</li> <li>Physical fitness and active living</li> <li>Food and the marketplace- the food supply chain</li> <li>Food and Kitchen safety</li> </ul>	<ul style="list-style-type: none"> <li>Kitchen equipment and tools</li> <li>Measuring Ingredients</li> <li>Understanding measuring equivalents</li> <li>Reading Recipes</li> <li>Creating time/work plans</li> <li>Preparing Foods</li> </ul>	<ul style="list-style-type: none"> <li>Table setting and etiquette</li> <li>Garnishing foods</li> <li>Hospitality</li> <li>Eating Disorders</li> </ul>

Skills	<ul style="list-style-type: none"> <li>• Determine eating habits and influences</li> <li>• Determine caloric intake</li> <li>• Understand the food marketing process</li> <li>• Research individual nutrients</li> <li>• Distinguish between effects of different food borne illnesses</li> <li>• Understand kitchen safety and cleanliness</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare specific food items in a lab setting</li> <li>• Complete class assignments reinforcing food preparation techniques and nutrition</li> <li>• Plan and prepare meals</li> <li>• Investigate and prepare foreign food</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare specific food items in a lab setting</li> <li>• Determine proper table etiquette</li> <li>• Develop a recipe book for college</li> <li>• Create garnishes</li> <li>• Plan and prepare food and invitations for a party</li> <li>• Distinguish characteristics of eating disorders</li> </ul>	
Assessment for Content and Skills	<ul style="list-style-type: none"> <li>• Tests</li> <li>• Class Assignments</li> <li>• Individual and Group Projects</li> <li>• Use of Technology</li> </ul>	<ul style="list-style-type: none"> <li>• Tests</li> <li>• Class Assignments</li> <li>• Individual and Group Projects</li> <li>• Use of Technology</li> </ul>	<ul style="list-style-type: none"> <li>• Tests</li> <li>• Class Assignments</li> <li>• Individual and Group Projects</li> <li>• Use of Technology</li> </ul>	
Resources	Various Speakers Website Resources Videos and Power Point Presentations			
Academic Vocabulary	Factor Resource Trait Crucial Differentiate Process Adhere	Community Require Minimize Affect Estimate Indicate Original	Exceeds Signal Influence Determine Significant Accurate Specified	Anticipate Appropriate Develop Strategy Examine Obtain Sequence

