

CURRICULUM COURSE OUTLINE

Course Name(s):	Let's Make a Meal
Grade(s):	9 - 12
Department:	Family and Consumer Sciences Education
Course Length:	Semester
Pre-requisite:	none

Textbook/Key Resource:

- Guide to Good Food by Velda L. Largen and Deborah L. Bence, ISBN 1-56637-765-X, The Goodheart-Willcox Company, Inc. 2002
- On Cooking by Sarah R. Labensky and Alan M. Hause, ISBN 0-13-045241-6, Prentice Hall/Pearson Education, Inc., 2003

Course Description:

Students will learn the basic principles involved in the selection and preparation of foods so they can make healthy, cost-effective nutritious choices when shopping and preparing foods. The proper identification and use of kitchen tools and equipment, correct measuring techniques, sanitation and handling food safely will also be emphasized. Students will work in teams to plan, prepare, sample and evaluate a variety of foods.

Standards: National Standards for Family and Consumer Sciences Education

Unit 1: Food Groups and Nutrition	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Food groups - Impact of physical activity on your health - Impact of eating habits on your health - How to plan meals and grocery shopping - Nutritional value of food groups - Nutrients needed for body growth, development and maintenance - Nutritional value of meal components 	Students will be able to: <ul style="list-style-type: none"> - Identify the food groups and food examples for each food group - Plan a balanced diet for themselves based on personal lifestyle - Plan nutritious meals within a limited budget - Identify meal components and their nutritional values - Identify nutritional needs based on personal lifestyle
Standard(s): Nutrition and Wellness 14.1 and 14.3	

Unit 2: Kitchen Safety and Sanitation	Unit Length: 2 weeks
Students will know: <ul style="list-style-type: none"> - Kitchen working conditions and their affect on cooking results - Steps for proper washing hands - Food handling affects food quality -Proper temperature for food storage and handling 	Students will be able to: <ul style="list-style-type: none"> - Personal hygiene influences food safety and quality - Identify kitchen safety practices - Identify kitchen sanitation practices - Define terms related to handling food safely - Identify foodborne illnesses and their causes
Standard(s): Food Production and Services 8.2 and Nutrition and Wellness14.4	

Unit 3: Kitchen Tools, Measurements and Cooking Terms	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Kitchen tools and equipment used for cooking and their specific purpose - Cooking terms and function of each - Basic measurements and equivalents used for cooking that can be adjusted when cooking depending on the group size - Materials kitchen tools are made of and properties that affect cooking results 	Students will be able to: <ul style="list-style-type: none"> - Identify cooking tools and equipment and describe their uses - Define cooking terms - Identify equivalent of given recipe amount then divide and double recipe amount - Identify materials kitchen tools/equipment are made of and state positive and/or negative of given materials
Standard(s): Food Production and Services 8.3 and Food Science, Dietetics, and Nutrition 9.5	

Unit 4: Breakfast	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Breakfast should consist of a protein source and some complex carbohydrates - Breakfast usually is served at the beginning of the day - Breakfast is an important meal 	Students will be able to: <ul style="list-style-type: none"> - Identify the components of breakfast and their functions - Describe how breakfast affects your health - Select recipes and prepare breakfast foods
Standard(s): Food Science, Dietetics, and Nutrition 9.5 and Nutrition and Wellness 14.3	

Unit 5: One Dish Meals	Unit Length: 4 weeks
Students will know: <ul style="list-style-type: none"> - Ingredients to be used in one dish meals - One dish meals can be made and served immediately or prepared and served later - Nutritional value of one dish meals - Components of one dish meals 	Students will be able to: <ul style="list-style-type: none"> - Identify components of a one dish meal and examples of each component - Identify components of a one dish meal and their function - Select recipes and prepare one dish meals
Standard(s): Food Science, Dietetics, and Nutrition 9.5 and Nutrition and Wellness 14.3	

Unit 6: Soups	Unit Length: 3 weeks
Students will know: <ul style="list-style-type: none"> - Types of soups - Common ingredients used in soups 	Students will be able to: <ul style="list-style-type: none"> -Identify types of soups -Select recipes and prepare soups
Standard(s): Food Science, Dietetics, and Nutrition 9.5 and Nutrition and Wellness 14.3	