

## WARREN COUNTY SCHOOL DISTRICT

### Planned Instruction

**Course Title:** FOODS

**Course Number:** 00774

**Suggested Educational Level(s):** GRADES 11-12

**Suggested Periods Per Week:** 5 **Length of Period:** 42 MINUTES

**Suggested Length Of Course:** 1 SEMESTER

**Units Of Credit (If Appropriate):** .5

**Date Written:** March 2005 **Date Approved:** May 9, 2005

**Date Reviewed:** Winter 2004-2005

**Implementation**

**Teacher Certification Required:** Home Economics or Family Consumer Science Ed.

**Standards Addressed:** 11.1.12 F; 11.2.12 A, B, C, E, H; 11.3.12 A, B, C, D, E, F, G; 1.1, 1.4, 1.6; 2.1, 2.2, 2.3; 3.7.7 A, B; 3.7.10 B, E; 3.8.7 A; Warren County School District Family Consumer Science 1, 3, 4, 5

**Relationship to Other Planned Instruction:** Foods is an outgrowth of the Nutrition/Foods component of Grade 8 FCS and an extension of Family/Foods, although not a prerequisite for 11th and 12th grade students.

**Prerequisites:** None

**Special Requirements:** Adequate equipment/supplies for appropriate lab experiences. If possible class size should be limited to no more than four members per group. Modifications to be made for special needs students.

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**Standards addressed:**

- 11.1.12 F Compare and contrast the selections of goods and services by applying effective consumer strategies.
- 11.2.12 A Justify solutions developed by using practical reasoning skills.
- 11.2.12 B Evaluate the effectiveness of action plans that integrate personal, work, family and community responsibilities.
- 11.2.12 C Analyze teamwork and leadership skills and their application in various family and work situations.
- 11.2.12 E Assess the availability of emerging technology that is designed to do the work of the family and evaluate the impact of its use on individuals, families and communities.
- 11.2.12 H Evaluate the effectiveness of using interpersonal communication skills to resolve conflict.
- 11.3.12 A Analyze how food engineering and technology trends will influence the food supply.
- 11.3.12 B Evaluate the role of Government agencies in safeguarding our food supply.
- 11.3.12 C Evaluate sources of food and nutrition information.
- 11.3.12 D Critique diet modifications for their ability to improve nutritionally-related health conditions.
- 11.3.12 E Analyze the breakdown of foods, absorption of nutrients and their conversions to energy by the body.
- 11.3.12 F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.
- 11.3.12 G Analyze the relevance of scientific principles to food processing, preparation and packaging..
- 1.1 Word recognitions, vocabulary development, comprehension and interpretation
- 1.4 Writing; informational
- 1.6 Reading; listening skills
- 2.2 Equivalent forms
- 2.2 Basic functions
- 2.3 Types of measurements, units, and tools of measurement.
- 3.7.7 A Describe the safe and appropriate use of tools, materials and techniques to answer questions and solve problems.
- 3.7.7 B Use appropriate instruments and apparatus to study materials.
- 3.7.10 Apply accurate measurement knowledge to solve everyday problems.
- 3.7.10 E Apply basic computer communications systems.
- 3.8.7 A Identify and explain improvements in health and sanitation and how they effect our lives.
- WCSD FCS 1 Students demonstrate accountability by completing hands-on learning projects.
  - 3. Completion of “hands-on” projects fosters a sense of independence and contributes to positive self-esteem.
  - 4. Students use/operate equipment/technology in a safe environment and in a safe manner.
  - 5. Students participate in active learning to demonstrate consistency in all skill building areas.

**COURSE DESCRIPTION:** Foods is an elective for students in grades 10-12. In both classroom and lab settings, students will learn and apply concepts of nutrition, meal planning, safe food handling techniques as well as various food preparation techniques and principles.

**Outline of Content Sequence and Recommended Time:**

1. Nutrition principles and lab planning which may include nutrition needs, functions and sources; safety and sanitation in the kitchen; purpose, use and care of kitchen utensils, lab planning and execution. 5 days to 3 weeks
2. Meal planning, food selection based on budgetary limits; table setting and etiquette. 5 days to 3 weeks.
3. Food preparation labs which may include baking principles, candy and cookie making, bread making, and desserts based in individual student/teacher needs. 5 days to 3 weeks.

**Specific Educational Objectives to be Taught:**

1. Students will understand the need to select foods which will provide adequate nutrition. 11.3.12 B, C, D, E, 1.1, 1.4, 1.6, 3.7.10 E
2. Students will develop proficiency to in the basic skills related to the preparation and service of food for family needs. 11.2.12 A; 11.3.12 F; 1.1, 1.4, 1.6; 3.7.7 A, B; 3.7.10 B, 3.7.10 E; WCSDFCS 1, 3, 4, 5
3. Students will plan nutritionally balanced meals. 11.2.12 F; 1.1, 1.4, 1.6; 2.1, 2.2, 2.3; 3.7.7 A, B, 3.7.10B, E, 3.8.7 A; WCSDFCS 1, 3, 4, 5
4. Students will learn how to plan meals within a given budget. 11.1.1 F; 11.2 12 A, B, C; 1.1, 1.4, 1.6, 2.1, 2.2, 2.3, 3.7.10 B, 3.7.10 E; WCSDFCS 1, 3, 4, 5
5. Students will learn the cooking terminology and techniques needed to prepare various foods. 11.3.12 E, F, G; 1.1, 1.4, 1.6; 3.7.10 E
6. Students will learn how to set tables, serve appropriate family meals, how to use table etiquette. 11.2.12 C; 11.3.12 F, 1.1, 1.4, 1.6, 3.7.10 E; WCSDFCS 1, 3, 5
7. Students will be aware that the preparation and serving of food requires organization and management, encourages creativity and provides satisfaction 11.2.12 A, B, C, H; 1.1, 1.4, 1.6, 3.7.10 E, WCSDFCS 1, 3, 6

**Formative Assessments:**

- Written lab evaluations

**Summative Assessments:**

- Objective tests and quizzes
- Written assignments

- Lab planning and preparation

**Required/Approved Textbooks and Materials:**

**Book Title:** To be adopted later

**Publisher:**

**ISBN #:**

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**Date of Adoption:**