

Introduction to Foods Scope & Sequence

Days	Unit	Standard(s)/Outcome(s)	Essential/Guiding Questions
10	1. Kitchen Management	<ol style="list-style-type: none"> 1. Identify kitchen utensils, their location and uses. 2. Employ appropriate organization, safety, and sanitation principles. 3. Demonstrate proper measuring techniques. 4. Demonstrate use of standard abbreviations and symbols. 5. Demonstrate the ability to read and follow a recipe. 6. Demonstrate the ability to modify a recipe using math calculations. 	<ol style="list-style-type: none"> 1. Why is kitchen equipment important in the success of the efficient preparation of a recipe? 2. How does the safety and sanitation of food preparation and consumption impact my health? 3. Why is measuring ingredients important to a successful product? 4. When does a recipe require a change? 5. What is expected in a lab experience?
6	2. Nutrition	<ol style="list-style-type: none"> 1. Analyze the nutritional value of food and apply to food selection. 2. Use labels and the food guide to plan well balanced meals for 	<ol style="list-style-type: none"> 1. What happens if you do not get the appropriate amounts of nutrients? 2. What health related diseases

		<p>nutritive value.</p> <p>3. Identify dietary problems and diseases and related to nutrition and health.</p> <p>4. Identify and explain the purpose of each of the nutrients needed to maintain good health.</p>	<p>and problems are related to improper eating?</p> <p>3. How can label reading guide you in your food choices?</p>
11	<p>3. <u>My Plate:</u></p> <p>Grains, Breads & Cereals</p>	<p>1. Compare grain and grain products for nutrients, cost, taste and appearance.</p> <p>2. Describe how to select, store and prepare grains and grain products.</p> <p>3. Compare the characteristics of quick breads and yeast breads.</p> <p>4. Prepare and evaluate quick breads.</p> <p>5. Prepare and evaluate yeast breads.</p>	<p>1. What are the varieties of grains?</p> <p>2. How are grains used in cooking?</p> <p>3. What are the nutrients that grains provide?</p> <p>4. How do yeast breads and quick breads differ?</p> <p>5. What do I look for to determine if a grain is healthy?</p> <p>6. How can I prepare food to maximize the nutritional value of grains?</p>

3	Dairy	<ol style="list-style-type: none"> 1. Analyze the nutritive value of dairy products and its importance in our diet. 2. Describe how to select, store and prepare a variety of dairy products. 	<ol style="list-style-type: none"> 1. Why are dairy products important in a healthy diet? 2. How are dairy products prepared? 3. What are the ways of storing dairy products safely?
10	Fruits & Vegetables	<ol style="list-style-type: none"> 1. Describe how to select, store, and prepare fruits. 2. Demonstrate the principles and methods of fruit cookery. 3. Identify nutritive contributions of fruits. 4. Describe how to select, store and prepare vegetables. 5. Demonstrate the principles and methods of vegetable cookery. 6. Identify nutritive contributions of vegetables. 	<ol style="list-style-type: none"> 1. What are the different types of fruits and vegetables? 2. How do you select, store and prepare fruits and vegetables? 3. What are the different nutrients in fruits and vegetables?
4	Protein	<ol style="list-style-type: none"> 1. Identify protein foods. 	<ol style="list-style-type: none"> 1. How do I select eggs to ensure

		<ol style="list-style-type: none">2. Explain how to select, store and prepare eggs.3. Demonstrate how to prepare an egg dish.4. Explain the nutritive value of eggs.	<p>freshness?</p> <ol style="list-style-type: none">2. How are eggs sized and what does that mean for preparing egg dishes?2. How should eggs be stored in the refrigerator?3. Why should eggs be part of my diet?4. What are the ways of preparing eggs?
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