

		and always transferable within and among content areas.)	Standard(s) addresses this Big Idea?)	Understandings as “Big Ideas.” EUs are the understandings we want students to carry with them after they graduate. EUs will link Big Ideas together. Consider having only one or two EUs per Big Idea.)	ended. Sometimes, EQs can be debated. A student’s answer to an EQ will help teachers determine if he/she truly understands. Consider having only one or two EQs per Enduring Understanding.)	will all teachers of this unit use to determine if students have answered the Essential Questions?)	(What resources will all teachers of this unit use to help students understand the Big Ideas?)
Week 1.5	Food Safety and Sanitation	Safety	PSSA 11.3.3 B. Describe personal hygiene techniques in food handling. 11.3.6 B. Describe safe food handling techniques.	Food safety and sanitation prevents disease. Kitchen safety prevents injury.	How can you prevent food poisoning? How can you prevent kitchen injuries? What procedures are needed to ensure food safety and sanitation? Under what circumstances can food poisoning kill you?	Handouts Test Classroom discussion Food Labs	Handouts Textbook Power point Presentations
Week 1.5 to 3.0	Preparation	Kitchen Utensils Measuring Reading a Recipe	11.3.3 F. Identify components of a basic recipe. 11.3.6 F. Analyze basic food preparation techniques and food handling procedures.	Proper use of kitchen equipment Proper measuring techniques Reading and preparing a recipe Characteristics of yeast and quick breads	What characteristics do you look for in large and small kitchen equipment? What are the functions of large and small kitchen equipment? Why is accurate measuring important in cooking? How does math apply to cooking? How do you follow and read a recipe? What is the difference between quick breads and yeast breads?	Handouts Test Classroom discussion Food Labs	Handouts Textbook Power point Presentations

Week 3.0 to 4.5	Nutrition	Nutrition	11.3.3 C. Explain the importance of eating a varied diet in maintaining health.	Label Reading Portion sizes Nutrients Healthy food choices Current nutrition trends/research	How can label reading help people make nutritious choices? Why are portion sizes important in maintaining health? What are the specific health benefits of each nutrient? What are better choices when eating snacks, fast foods or dining out? What current nutrition research can help us make better food choices?	Handouts Test Classroom discussion Food Labs	Handouts Textbook Power point Presentations Magazines, Newspaper articles Cookbooks DVD

* Some teachers may need to think about the assessments and resources used in order to determine the Big Ideas, Enduring Understandings, and Essential Questions embedded in their courses. At this point in your curriculum mapping, you might want to ignore the “Common Assessments” and “Common Resources Used” columns. However, you may use them if you wish.