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Course: Senior Class Cooks!
Year: 2021/2022

LAKEWOOD CITY SCHOOLS

ODE State Standards

Suggested Pacing	Content Standards	Learning and Performance Expectations **What must students know and be able to do?**	Assessment of Learning Options **How will we know if they learned this skill?**	Resources Options	Connection to
WK 1	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices. **Outcome 3.4. Food Safety and Sanitation** Promote food safety and sanitation using	Safety and Sanitation • How to wash hands properly • How to handle and store food properly • Students will describe and be able to prevent all of the dangers in the kitchen	• Students will demonstrate how to wash their hands • Students will complete several activities that review safety and sanitation • Students will take a quiz over safety and sanitation	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	• Critical and creative thinking skills • Growth mindset

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	proper food handling and storage.				
WK 2	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices. **Outcome 3.4. Food Safety and Sanitation** Promote food safety and sanitation using proper food handling and storage.	Safety and Sanitation • How to wash hands properly • How to handle and store food properly • Students will describe and be able to prevent all of the dangers in the kitchen	• Students will demonstrate how to wash their hands • Students will complete several activities that review safety and sanitation • Students will take a quiz over safety and sanitation	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	• Critical and creative thinking skills • Growth mindset
WK 3	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to	Getting to know kitchens/equipment/procedures and group • Students will identify kitchen	• Students will complete several activities involving identification of tools and	• Hands on projects • Cooking labs • Class discussion • Group projects	• Communication • Collaboration • Growth mindset • Critical and creative thinking

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	make informed choices that support safe, affordable and sustainable food practices **Outcome 3.5. Food Preparation** Prepare foods through different cooking methods to preserve nutrient values.	tools and their uses • Students will identify cooking terms and their meaning • Students will learn how to communicate, plan and work as a team within their lab group.	explanation of terms. • Students will take a quiz over cooking tools and terms	• Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	skills
WK 4	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices. **Outcome 3.1. Nutritional Information**	Cooking on a budget/dorm room and or 1st apartment • Students will learn how to grocery shop on a budget. • Students will examine and prepare recipes that are healthy, budget friendly and can be prepared in a dorm room or first apartment • Students will	• Students will complete an activity where they are given a budget and they have to shop for one week on a given budget • Students will be given a budget to plan and shop for kitchen equipment needed in your first apartment	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not	• Critical and creative thinking • Growth mindset • Communication

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	Analyze nutritional information to guide food choices. **Outcome 3.3. Food Selection** Analyze safe and affordable foods that promote a healthy lifestyle. **Strand 4. Personal Finance and Consumerism** Develop skills to achieve personal financial wellness and become an educated consumer. **Outcome 4.1. Financial Goals** Achieve financial goals to establish financial stability. **Outcome 4.5. Purchasing**	explore basic kitchen equipment needed and the cost of it in a dorm room or first apartment.		understanding the information I will go back and reteach.	

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	Decisions Apply strategies to make purchasing decisions.				
WK 5	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices. **Outcome 3.1. Nutritional Information** Analyze nutritional information to guide food choices.	Cooking on a budget/dorm room and or 1st apartment • Students will learn how to grocery shop on a budget. • Students will examine and prepare recipes that are healthy, budget friendly and can be prepared in a dorm room or first apartment • Students will explore basic kitchen equipment needed and the cost of it in a dorm room or first	• Students will complete an activity where they are given a budget and they have to shop for one week on a given budget • Students will be given a budget to plan and shop for kitchen equipment needed in your first apartment	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	• Critical and creative thinking • Growth mindset • Communication

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	Outcome 3.3. Food Selection Analyze safe and affordable foods that promote a healthy lifestyle. **Strand 4. Personal Finance and Consumerism** Develop skills to achieve personal financial wellness and become an educated consumer. **Outcome 4.1. Financial Goals** Achieve financial goals to establish financial stability. **Outcome 4.5. Purchasing Decisions** Apply strategies to make purchasing	apartment.			

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	decisions.				
WK 6	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices **Outcome 3.5. Food Preparation** Prepare foods through different cooking methods to preserve nutrient values.	Cooking for one • Students will explore and cook microwave meals • Students will explore and cook recipes everyone should be able to cook by 30	• Students will demonstrate cooking several microwave recipes and recipes they should know how to cook by 30.	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	• Critical and creative thinking • Growth mindset • Communication
WK 7	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed	Cooking for one • Students will explore and cook microwave meals • Students will explore and cook	• Students will demonstrate cooking several microwave recipes and recipes they should know how to	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes	• Critical and creative thinking • Growth mindset • Communication

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	choices that support safe, affordable and sustainable food practices **Outcome 3.5. Food Preparation** Prepare foods through different cooking methods to preserve nutrient values.	recipes everyone should be able to cook by 30	cook by 30.	• demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	
WK 8	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices **Outcome 3.5. Food Preparation** Prepare foods through different cooking	Healthy and affordable meals • Students will examine and prepare recipes that are healthy and 5 ingredients or less	• Students will demonstrate how to prepare healthy recipes that are 5 ingredients or less. • Students will research recipes that are 5 ingredients or less and compile a list. • Students will analyze the ingredients for their nutrient value	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding	• Collaboration • Critical and creative thinking • Growth mindset • Communication

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	methods to preserve nutrient values. **Strand 5. Health and Wellness** Develop wellness practices that promote a healthy lifestyle. **Outcome 5.1. Lifespan Wellness** Adopt wellness practices at each stage of the lifespan.			the information I will go back and reteach.	
WK 9	**Strand 4. Personal Finance and Consumerism** Develop skills to achieve personal financial wellness and become an educated consumer.	Cooking challenges • Students will examine basic and affordable cooking ingredients and create healthy and affordable meals from them. • Students will use their creativity and	• Students will demonstrate how to cook healthy meals from basic ingredients • Each student led group will take turns teaching the other groups their created recipe	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments	• Communication • Collaboration • Critical and creative thinking • Growth mindset

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	Outcome 4.1. Financial Goals Achieve financial goals to establish financial stability. **Strand 5. Health and Wellness** Develop wellness practices that promote a healthy lifestyle. **Outcome 5.1. Lifespan Wellness** Adopt wellness practices at each stage of the lifespan.	leadership skills to plan their own lab and to teach it to their classmates using teamwork and communication skills.		• Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	
WK 10	**Strand 4. Personal Finance and Consumerism** Develop skills to achieve personal financial wellness and	Cooking challenges • Students will examine basic and affordable cooking ingredients and create healthy and affordable meals	• Students will demonstrate how to cook healthy meals from basic ingredients • Each student led group will take turns teaching the	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be	• Communication • Collaboration • Critical and creative thinking • Growth mindset

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	become an educated consumer. **Outcome 4.1. Financial Goals** Achieve financial goals to establish financial stability. **Strand 5. Health and Wellness** Develop wellness practices that promote a healthy lifestyle. **Outcome 5.1. Lifespan Wellness** Adopt wellness practices at each stage of the lifespan.	from them. • Students will use their creativity and leadership skills to plan their own lab and to teach it to their classmates using teamwork and communication skills.	other groups their created recipe	given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	
WK 11	**Strand 4. Personal Finance and Consumerism**	Meal planning • Students will know how to plan a week's worth of	• Students will complete a 5 day meal plan that includes 3 meals	• Hands on projects • Cooking labs • Class discussion	• Collaboration • Critical and creative thinking • Communication

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	Develop skills to achieve personal financial wellness and become an educated consumer. **Outcome 4.1. Financial Goals** Achieve financial goals to establish financial stability.	meals on a limited budget. • Students will plan meals that are healthy, affordable and easy to prepare.	and 2 snacks	• Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	
WK 12	**Outcome 3.6. Dining Etiquette** Analyze dining etiquette, settings and service styles that enhance the food experience.	Etiquette • Students will know a basic table setting and manners • Students will understand the importance of table etiquette in circumstances such as dating and job interviewing	• Students will demonstrate how to set a basic table setting • Students will demonstrate proper etiquette skills at a classroom planned meal	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not	• Growth mindset • Critical and creative thinking

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				understanding the information I will go back and reteach.	
WK 13	**Strand 4. Personal Finance and Consumerism** Develop skills to achieve personal financial wellness and become an educated consumer. **Outcome 4.1. Financial Goals** Achieve financial goals to establish financial stability.	Cost of eating out • Students will examine the cost of eating out versus cooking at home.	• Students will compare their favorite meal that they get at a restaurant to a homemade version. They will examine the cost of it as well as the nutritional value of it.	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	• Critical and creative thinking • Global Awareness
WK 14	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to	Small appliance cooking • Students will know the many different small kitchen appliances that	• Students will choose one small appliance to research its uses and recipes that	• Hands on projects • Cooking labs • Class discussion • Group projects	• Communication • Collaboration • Critical and creative thinking

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	make informed choices that support safe, affordable and sustainable food practices **Outcome 3.5. Food Preparation** Prepare foods through different cooking methods to preserve nutrient values.	exist and their uses • Students will research a small kitchen appliance • Students will present to the class the small kitchen appliance, its uses and one recipe that can be made from this appliance.	can be made with it. They will then put together a presentation to the class where they explain the uses of the appliance and demonstrate one recipe.	• Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	
WK 15	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices **Outcome 3.5. Food Preparation** Prepare foods through	Small appliance cooking • Students will know the many different small kitchen appliances that exist and their uses • Students will research a small kitchen appliance • Students will present to the class the small kitchen appliance, its uses and one recipe that can be	• Students will choose one small appliance to research its uses and recipes that can be made with it. They will then put together a presentation to the class where they explain the uses of the appliance and demonstrate one recipe.	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not	• Communication • Collaboration • Critical and creative thinking

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	different cooking methods to preserve nutrient values.	made from this appliance.		understanding the information I will go back and reteach.	
WK 16	**Strand 1. Career Development** Develop skills in professionalism, leadership and communication, as applied to career planning and entrepreneurship, to succeed in educational and professional settings. **Outcome 1.2. Career Exploration** Explore career opportunities that reflect personal interests, strengths, values, personalities, skills and abilities.	Careers in Culinary • Students will know that many career opportunities exist within the culinary field. • Students will explore the many career opportunities within the area of culinary arts and or hospitality management	• Students will research one career in the culinary field and they will present their findings to the classd	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	• Growth mindset • Global awareness

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WK 17	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and sustainable food practices **Outcome 3.3. Food Selection** Analyze safe and affordable foods that promote a healthy lifestyle.	Cookbook Project • Students will know many recipes and cooking equipment that can be used in a small space, on a budget that are healthier • Students will create a cookbook of recipes and information learned throughout the semester to take with them to use in their 1st apartment or dorm room	• Students will create a cookbook with all of the recipes they have prepared throughout the semester.	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	• Collaboration • Critical and creative thinking
WK 18	**Strand 3. Food and Nutrition** Develop knowledge of food and nutrition to make informed choices that support safe, affordable and	Cookbook Project/End of semester wrap up • Students will know many recipes and cooking equipment that can be used in a small space, on a budget that are	• Students will create a cookbook with all of the recipes they have prepared throughout the semester.	• Hands on projects • Cooking labs • Class discussion • Group projects • Quizzes • demonstrations • Rubrics will be given to guide	• Collaboration • Critical and creative thinking

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	sustainable food practices **Outcome 3.3. Food Selection** Analyze safe and affordable foods that promote a healthy lifestyle.	healthier • Students will create a cookbook of recipes and information learned throughout the semester to take with them to use in their 1st apartment or dorm room		students assignments • Extended time will be given if students need it • If students are not understanding the information I will go back and reteach.	