

## Curriculum Map

**School: Hazard High School**

**Grade Level: 9-12**

**Subject: Food and Nutrition**

**Instructor: Hansen**

**Students will be instructed and have hands on experience with cooking during the year  
1st Nine Weeks**

### **National Standard**

8.2 Demonstrate food Safety  
and Sanitation Procedures

8.2.5 Practice standard personal  
Hygiene and wellness procedures  
8.2.7 Demonstrate safe food handling  
and preparation techniques that  
prevent cross-contamination from  
potentially hazardous food and food  
Groups

### **Content/Topic**

Students will be instructed on  
safety in kitchen, handwashing,  
and cross-contamination,  
Foodborne illness Powerpoint  
will be used. Students will view  
videos and play games to enhance  
instruction

### **Time period**

2-3 weeks

### **Assessment**

Formative and  
Summative Assessment

14.1 Analyze factors that influence  
Nutrition and wellness practices  
Across the lifespan

Students will explore the different  
influences that affect what we eat.  
Maslow's Hierarchy of Needs  
Decision Making Process

2 Weeks

Formative and  
Summative Assessment

14.2 Examine the nutritional needs  
Assessments  
Of individuals and families in relation to  
Health and wellness across the lifespan

Students will have an introduction to  
the six groups of nutrients and basic  
information of how they are used by  
body  
Food labs are added to learn skills

2 weeks

Formative and Summative

## 2nd 9 Weeks

14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the lifespan	Students will be instructed on meal planning to make use of leftovers, make healthy food choices for themselves and their families Learn how to set up a food budget Learn about the different types of places to purchase food will do projects to practice the skills	3 weeks	Formative and Summative
8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving	Students will learn proper names for cooking equipment and how they are used in the kitchen. We will learn about the parts of recipes and students will be given a recipe scramble to put in the correct order. Students will learn the correct way to measure, how to convert measurements table setting will also be taught	3 weeks	Formative and Summative
8.5.2 Demonstrate professional skill for a variety of cooking methods including Roasting, broiling, smoking, sauteing, Pan frying, deep frying, braising, stewing, poaching, Steaming, and baking using professional equipment And current technologies	Students will be able to identify different cooking and heating method Students will be introduced to knife skills	3 weeks	Formative and Summative

9.7.4 Explain the impact of molecular structure of simple and complex CHO on digestion, nutrition, and food preparation procedures

Students will be instructed on all aspects of CHO  
Students will have Guided Notes to go along With Powerpoints

2 weeks

Formative and Summative