

FAMILY CONSUMER SCIENCE

Grade Level: Sixth, seventh and eighth grade classes
Length: 9 - week quarter class

ESSENTIAL UNDERSTANDING:

Students will learn the basics of planning and preparing foods for a nutritional healthy life style using the six essential nutrients as a guide. Students will also learn correct measuring techniques, cooking methods, cooking terminology, food safety, reading and following a recipe and correct handling of foods and kitchen equipment. Students will also learn basic table setting methods and table etiquette.

COURSE OBJECTIVES AND EXPECTATIONS:

1. Apply knowledge of six essential nutrients to create an awareness of food choices that lead to a healthy lifestyle.
2. Understand how to read and follow recipes.
3. Explain safe food handling and preparation procedures.
4. Understand correct social skills that are expected in social setting for table etiquette.
5. Work productively in small groups to achieve success for a final food product.
- 6.

STUDENT OBJECTIVES:

Students will:

1. Demonstrate ability to acquire, handle and use foods to meet nutrition and wellness needs of individuals and families across the life span.
2. Evaluate nutrition principles and preparation techniques for daily food plans.
3. Demonstrate food safety and sanitation procedures.
4. Demonstrate food preparation methods and techniques to produce a variety of food products that meet individual needs.
5. Demonstrate knowledge of safe use and practices of kitchen appliances and utensils.
6. Use basic math skills for working with fractions, multiplying and dividing of fractions.

MONTANA COMMON CORE STANDARDS:

The grades 6 - 8 literacy standards in history/social studies, science, and technical subjects are not meant to replace content standards in those areas, but rather to supplement them. The Standards set requirements not only for English language arts (ELA) but also for literacy in history/social studies, science, and technical subjects. The following core standards are addressed in this course:

RST.6-8.3: Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.

RST.6-8.4: Determine the meaning of symbols, key terms, and other domain -specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6 –8 texts and topics.

RST.6-8.9 Compare and contrast the information gained from experiments, simulations, video, or multimedia sources with that gained from reading a text on the same topic.

MONTANA STANDARDS FOR CAREER AND VOCATIONAL TECHNICAL EDUCATION

Content Standards indicate what all students should know, understand and be able to do in a specific content area.

Benchmarks define our expectations for students’ knowledge, skills and abilities along a developmental continuum in each content area. That continuum is focused at three points—at the end of grade 8, the end of one high school course, and the completion of six units of vocational coursework.

The following standards reflect Benchmark I: what students should know at the end of 8th grade:

MCS CTE 2

Students demonstrate an understanding and apply principles of Resource Management (i.e., financial, time, personal management)

2. Follow detailed instructions and complete assignment (e.g., project/time management)
3. Recognize time constraints (e.g., personal time)
4. Recognize limitations on physical resources.

MCS CTE 3

Students acquire and utilize personal and leadership skills to become successful, productive citizens.

1. Serve as a positive role model by following the rules, regulations, and policies of the school community.
2. Identify personal and work ethics.
3. Recognize characteristics of good citizens.
5. Observe and recognize diversity.

MCS CTE 4

Students acquire and demonstrate current technical skills leading to an occupation.

1. Identify appropriate technical skills required for selected occupation.
2. Practice safe and appropriate use of technology.
3. Identify and use the appropriate tool and equipment for the tasks.
4. Identify and demonstrate appropriate care of technological tools.

5. Follow basic technical instruction.

FAMILY AND CONSUMER SCIENCES NATIONAL STANDARDS

Area of Study 1.0: Career, Community and Family Connections

Comprehensive Standard: Integrate multiple life roles and responsibilities in family, work, and community settings.

1.2 Demonstrate transferable and employability skills in school, community and workplace settings.

- 1.2.4 Demonstrate teamwork skills in school, community and workplace settings.
- 1.2.6 Demonstrate leadership skills and abilities in school, workplace and community settings.
- 1.2.7 Analyze factors that contribute to maintaining safe and healthy school, work and community environments.
- 1.2.8 Demonstrate employability skills, work ethics and professionalism.

Area of Study 2.0: Consumer and Family Resources

Comprehensive Standard: Evaluate management practices related to the human, economic, and environmental resources.

2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.

- 2.1.1 Apply management and planning skills and processes to organize tasks and responsibilities.
- 2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families.

Area of Study 5.0: Facilities Management

Comprehensive Standard: Integrate knowledge, skills, and practices required for careers in facilities management and maintenance.

5.2 Demonstrate planning, organizing, and maintaining an efficient housekeeping operation for residential or commercial facilities.

- 5.2.1 Apply housekeeping standards and procedures.
- 5.2.2 Operate cleaning equipment and tools.
- 5.2.4 Maintain building interior surfaces, wall coverings, fabrics, furnishings, and floor surfaces

5.3 Demonstrate sanitation procedures for a clean and safe environment.

- 5.3.1 Analyze the various types of cleaning methods and their environmental effects

Area of Study 8.0: Food Production and Services

Comprehensive Standard: Integrate knowledge, skills, and practices required for careers in food production and services.

8.2 Demonstrate food safety and sanitation procedures.

- 8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
- 8.2.2 Employ food service management safety/sanitation program procedures, including CPR and first aid.
- 8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.
- 8.2.6 Demonstrate proper receiving, storage, and handling of both raw and prepared foods.
- 8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
- 8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.**
 - 8.3.1 Operate tools and equipment following safety procedures
 - 8.3.2 Maintain tools and equipment following safety procedures
 - 8.3.3 Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils
 - 8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools
 - 8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware
- 8.4 Demonstrate menu planning principles and techniques based on standardized recipes.**
 - 8.4.2 Apply menu-planning principles to develop and modify menus.
 - 8.4.3 Analyze food, equipment, and supplies needed for menus.
 - 8.4.4 Develop a variety of menu layouts, themes, and design styles.
- 8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet personal needs.**
 - 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.
 - 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using proper equipment and current technologies
 - 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.
 - 8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
 - 8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.
 - 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
 - 8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.

Area of Study 9.0: Food Science, Dietetics, and Nutrition

Comprehensive Standard: Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

- 9.2 Apply risk management procedures to food safety, food testing, and sanitation
- 9.2.1 Analyze factors that contribute to food borne illness.
- 9.2.2 Analyze food service management safety and sanitation programs.

PACING (Per Quarter)	STANDARDS
Week 1- Nutrition, Kitchen Safety	RST.6-8.9 MCS CTE 2 NSFCS 1.0, 8.0
Week 2 - Reading and following recipes, measuring techniques	RST.6-8.3 RST.6-8.4 RST.6-8.9 MCS CTE 2 MCS CTE 3 NSFCS 1.0, 8.0, 9.0
Week 3: Table Setting, Kitchen Appliances, Table Etiquette	RST.6-8.3, 6-8.4, 6-8.9 RST.6-8.3, 6-8.4, 6-8.9 NSFCS 1.0, 2.0, 5.0,8.0, 9.0
Week 4: Cooking with Dairy Foods	RST.6-8.3, 6-8.4, 6-8.9 NSFCS 1.0, 2.0, 5.0,8.0, 9.0
Week 5: Cooking with Proteins	RST.6-8.3, 6-8.4, 6-8.9 NSFCS 1.0, 2.0, 5.0,8.0, 9.0
Week 6: Cooking with Fruits and Vegetables	RST.6-8.3, 6-8.4, 6-8.9 NSFCS 1.0, 2.0, 5.0,8.0, 9.0
Week 7: Cooking with Grains	RST.6-8.3, 6-8.4, 6-8.9
Week 8: Principles of Baking	RST.6-8.3, 6-8.4, 6-8.9 NSFCS 1.0, 2.0, 5.0,8.0, 9.0
Week 9: Quick Breads/Yeast Breads	RST.6-8.3, 6-8.4, 6-8.9 NSFCS 1.0, 2.0, 5.0,8.0, 9.0

RESOURCES:

Montana Common Core

http://opi.mt.gov/Curriculum/montCAS/MCCS/index.php#gpm1_2

Montana Standards for Career and Vocational Technical Education

<http://opi.mt.gov/programs/CTAE/CTE.html>

National Standards for Family and Consumer Sciences Education

http://www.opi.mt.gov/pdf/CTE/FCS/15FCS_NationalStandards.pdf