

## Wilson Area School District Planned Course Guide

**Title of planned course:** American Foods

**Subject Area:** Family and Consumer Science

**Grade Level:** 9, 10, 11, 12

**Course Description:** American Foods combines investigative classroom and laboratory activities that are designed to introduce students to the fascinating culinary regions of the United States and Canada. Students will cover the historical, cultural, and agricultural overview of the United States and the groups of people who developed and embraced some of the world's most interesting cuisine. This course will also practice kitchen safety and develop basic cooking skills as students will have the opportunity to make and experience foods from the various regions and cultures studied. Students will also investigate common meal service in restaurants, dining and party planning etiquette, and food science principles in food preservation throughout history.

**Time/Credit for the Course:** Half Year / 0.5 Credit

**Curriculum Writing Committee:** Bethany Pepe

## Curriculum Map

**4 weeks:** Safety and Sanitation

**2 weeks:** Nutrition Lab Procedures (Recipe Planning, Grocery Ordering, Consumer Education and Budgeting)

**11 weeks:** Food Customs of the United States and Canada

**1 week:** Healthy Menu Planning/Entertaining

## Wilson Area School District Planned Course Materials

**Course Title:** American Foods

**Textbook:** Guide to Good Food, Goodheart-Wilcox Company, 2015

**Supplemental Books:** Contemporary Living, Goodheart-Wilcox Company, 2010, Cookbooks, ServSafe Food Handler Course book (2017)

**Teacher Resources:**

- allrecipes.com
- choosemyplate.org
- foodnetwork.com
- fda.gov
- fsis.usda.gov
- eatright.org
- aafcs.org
- ama-assn.org
- <https://www.servsafe.com/>
- <https://www.farmshow.pa.gov/Pages/default.aspx>
- <https://rodaleinstitute.org/contact/>

## Curriculum Scope and Sequence

**Planned Course:** American Foods

**Unit:** Kitchen Safety and Sanitation/ ServSafe

**Time frame:** 4 weeks

**State Standards:** 11.2.12A, 11.2.12C, 11.3.12B

**Essential content/objectives:** At the end of the unit, students will be able to:

- Discuss causes, symptoms, and treatment of common food borne illnesses
- List the four key steps to food safety and give examples of each
- Give examples of how following good safety practices can help prevent kitchen accidents
- Apply basic first aid measures in the home

**Core Activities:** Students will complete/participate in the following:

- Digital discussion posts
- Pathogen Poster Project
- ServSafe Food Handler notes and digital notebook
- ServSafe Covid-19 Protocol digital notebook

**Extensions:**

- Tour cafeteria or virtual ag exploration field trips
- Guest speaker – food service manager/ Chef or culinary students from Penn Tech, IUP, NACC, Penn State Extension Office, Alvernia University
- Problem solving situations
- Team building activity

**Remediation:**

- Tutoring
- Outlining
- Review questions/study guides
- Retests

**Instructional Methods:**

- Direct instruction
- Analytical writing of research and lab evaluations
- Small and large group discussion
- Independent research
- Guided research using digital notebooks.
- Culinary application and experimentation

**Materials and Resources:**

- ServSafe Managerial and Food Handler Guide
- Guide to Good Food textbook
- Penn State extension information
- Culinary laboratory materials
- Smart board
- Projector
- Chromebooks

**Assessments:**

- Is It Cooked? - Demonstration and application activity
- Kitchen Safety/ServSafe Test
- Food Safety Awareness Doc
- Edpuzzle-ServSafe Video 1
- Edpuzzle-ServSafe Ch 1 part 2
- Edpuzzle-ServSafe Ch 3
- Edpuzzle-ServSafe Ch 5
- Edpuzzle-ServSafe Ch 6

## Curriculum Scope and Sequence

**Planned Course:** American Foods

**Unit:** Nutrition Lab Procedures (Recipe Planning, Grocery Ordering, Consumer Education and Budgeting)

**Time frame:** 2 weeks

**State Standards:** 11.3.12D, 11.3.12E, 11.3.12G

**Essential content/objectives:** At the end of the unit, students will be able to:

- Analyze a recipe for nutritional value according to the USDA Myplate.
- Maintain food supplies and equipment for food safety and prevention of loss through effective storage and purchasing techniques.
- Evaluate grocery markets for affordability, and quality.

**Core Activities:** Students will complete/participate in the following:

- 6 Essential Nutrients Digital Notes and QR codes
- Purchasing Digital Notebook
- Top to Bottom Storage Order Digital Worksheet review
- Food Lab Inspection and Market Order Maintenance.
- On-line grocery shopping

**Extensions:**

- Research the essential amino acids and identify a plant source of each
- Eatright.org – research information on antioxidants
- Guest speaker – Lehigh Valley Dietetics Association

**Remediation:**

- Daily review of nutrient facts
- Tutoring
- Peer support

**Instructional Methods:**

- Direct instruction
- Small and large group discussion
- Internet research
- Product creation

**Materials and Resources:**

- Guide to Good Food textbook
- Chromebooks
- Smart Board
- Projector
- Digital Notebook Slides Files

**Assessments:**

- Nutrients Quiz
- Lab 1 Market Order Application

## Curriculum Scope and Sequence

**Planned Course:** American Foods

**Unit:** Food Customs of the United States and Canada

**Time frame:** 11 weeks

**State Standards:** 11.3.12G, 11.3.12A, 11.3.12C

**Essential content/objectives:** At the end of the unit, students will be able to:

- Identify the origins of foods of the seven main regions of the United States and Canada
- Explain how geography, climate, and culture affected the development of United States and Canadian cuisine
- Prepare foods that are representative of the United States and Canada

**Core Activities:** Students will complete/participate in the following:

- Digital “road trips”
- Culinary Exploration Labs

**Extensions:**

- Internet research
- Map – identify regions colonized by various groups
- Problem solving situations

**Remediation:**

- Outlining
- Peer support
- Tutoring

**Instructional Methods:**

- Reflective writing and analysis
- Guided exploration
- Practical application and culinary labs
- Large and small group discussion
- Small group presentation

**Materials and Resources:**

- Guide to Good Food textbook
- Smart Board
- Projector
- Chromebooks
- Maps
- Kitchen supplies
- Food supplies

**Assessments:**

- New England Road Trip Project
- New England Foods Lab
- Edpuzzle-First Thanksgiving Menu
- Middle Atlantic Road Trip Project
- Middle Atlantic Foods Lab
- Southern Cuisine Digital Worksheet 1
- Southern Soul Food Lab
- Southern Cajun Creole Cuisine Digital Worksheet
- Southern Cajun Creole Lab
- Southwest Cuisine Digital Worksheet
- Southwest Cuisine Lab
- Midwestern Cuisine Digital Worksheet
- Midwestern Cuisine Lab
- Edpuzzle-Pacific Region
- Edpuzzle- Starbucks
- Edpuzzle- All Espresso Drinks Explained
- Pacific Region Lab
- Hawaiian Islands Edpuzzle
- Hawaiian Luau Lab
- Alaska and Canada Digital Worksheet
- Alaska and Canada Lab



## Curriculum Scope and Sequence

**Planned Course:** American Foods

**Unit:** Healthy Menu Planning / Entertainment

**Time frame:** 1 week

**State Standards:** 11.3.12E, 11.3.12F, 11.3.12G

**Essential content/objectives:** At the end of the unit, students will be able to:

- Plan healthy menus meeting the requirements of MyPlate
- Describe resources a meal manager can use as alternatives to time and energy
- Plan a social gathering considering the resources of money, time, and energy
- Wait on a table correctly

**Core Activities:** Students will complete/participate in the following:

- Formal Table Setting Practice
- Plan, Prepare, and Serve a Dinner

**Extensions:**

- Problem solving situations
- Menu planning graphic organizer

**Remediation:**

- Peer support
- Tutoring
- Study guides/worksheets
- Review game

**Instructional Methods:**

- Direct instruction
- Independent investigation using digital notebook
- Application of FCCLA Project Planning Process
- Cooperative groups
- Kitchen food labs

**Materials and Resources:**

- Guide to Good Food textbook
- FCCLA Project Planning Process
- Cookbooks
- Kitchen and tableware supplies
- Food supplies
- Digital Worksheets
- Chromebooks

**Assessments:**

- Ch 24 Discussion Questions
- Table Manners & Etiquette Digital Notebook
- Formal Table Setting Practice Digital Worksheet
- Event Hosting Lab