

High School Syllabus

Department: Family and Consumer Sciences

Course Title: Cooking and Nutrition

Course #: 80802W

Grades: 10,11,12

DESCRIPTION OF COURSE: Students will learn the basic skills needed to function in the kitchen. Topics to be covered include safety, sanitation, and food preparation techniques specific to hearty meal planning. Topics will include appetizers, side dishes, soups, salads, and main entrées. Teacher demonstrations and student hands-on lab activities will be used to prepare delicious foods. Underlying concepts of food science and nutrition will be emphasized throughout the course. A culminating project will complete the course.

REQUIRED TOPICS OF STUDY	SUGGESTED INSTRUCTIONAL TIME	STANDARDS/ ELIGIBLE CONTENT
Safety and Sanitation	3 weeks	11.3.12 A,B,F
Equipment, Appliances, and Measurement	2 weeks	11.3.12 A, CC 3.5, CC 2.4
Grains: (FP, FM, Nutrition)	2 weeks	11.3.12 A, C, D, E, F, G, CC 3.5 CC 3.6
Vegetables and Fruits: (FP, FM, Nutrition)	3 weeks	11.3.12 A, C, D, E, F, G, CC 3.5 CC 3.6
Dairy: (FP, FM, Nutrition)	2 weeks	11.3.12 A, C, D, E, F, G, CC 3.5 CC 3.6
Eggs: (FP, FM, Nutrition)	2 weeks	11.3.12 A, C, D, E, F, G, CC 3.5 CC 3.6
Protein: (FP, FM, Nutrition)	2 weeks	11.3.12 A, C, D, E, F, G, CC 3.5 CC 3.6
Food Preparation (FP)	Within each unit	11.3.12 A, B, C, D, F
Food Management (FM)	Within each unit	11.3.12 A, F
Nutrition (Analysis and Health)	Within each unit	11.3.12 A, B, C, D, E, F
Outside Reading (OR)	Within each unit	11.3.12 F

RESOURCES: Guide to Good Food, The Goodheart-Willcox Co., Inc., 2004, Myplate.gov, Chalkup.co

Rev.: 3/15