

High School Syllabus

Department: Family and Consumer Sciences

Course Title: American Cuisine

Course #: 80804W

Grades: 11, 12

DESCRIPTION OF COURSE: Expands on cooking learned in their first course. The exploration of the USA will be centered around the cuisines found in the various regions. They will compare modern day foods, cooking methods, and cultures of the area with those of their ancestors. Hands on experiences along with guest speakers will enhance the student's knowledge of the regions. A collection of recipes, projects, critiquing restaurants, and a culmination foods lab is required. Get your taste buds ready.

| REQUIRED TOPICS OF STUDY | SUGGESTED INSTRUCTIONAL TIME | STANDARDS/ ELIGIBLE CONTENT |
|--|------------------------------|-----------------------------------|
| Safety and Sanitation, Lab Expectations | 1 week | 11.3.12 A,B,F |
| Native Americans | 1.5 weeks | 11.3.12 A, CC 3.5, CC 3.6 |
| Pilgrims | 1.5 weeks | 11.3.12 A, C, D, F, CC 3.5 CC 3.6 |
| New England | 1.5 weeks | 11.3.12 A, C, D, F, CC 3.5 CC 3.6 |
| Mid Atlantic, Pennsylvania Dutch | 2 weeks | 11.3.12 A, C, D, F, CC 3.5 CC 3.6 |
| Southern Regions (incl. Creole, and Soul Food) | 3 weeks | 11.3.12 A, C, D, F, CC 3.5 CC 3.6 |
| Midwest | 2 weeks | 11.3.12 A, C, D, F, CC 3.5 CC 3.6 |
| Southwest | 2 weeks | 11.3.12 A, C, D, F, CC 3.5 CC 3.6 |
| California and Hawaii | 1.5 weeks | 11.3.12 A, C, D, F, CC 3.5 CC 3.6 |
| Canada and Mexico | 1 week | 11.3.12 A, C, D, F, 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 |
| 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

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