

Moon Area School District Curriculum Map

Course: Mastery of Cooking

Grade Level: 9-12

Content Area: Family and Consumer Sciences

Frequency: One Semester Course

Big Ideas

1. After completion of this course elective, students will be able to recall, recite and demonstrate various techniques and exercises while executing numerous preparation and cooking methods.

Essential Questions

1. Why is important to learn safety and sanitation procedures and to apply these procedures in the FCS classroom?
2. Explain the importance of using proper utensils for the correct job. How are some utensils able to be used for multiple procedures?
3. Why is it important to be able to make proper adjustments to recipes?
4. Eating is as much about it being visually appealing as it is about it being taste, how can the appearance of food affect what we will and will not eat?
5. What principles can be used to improve the appearance of food to make it more appealing to those that are eating it?
6. How does the media affect the choices that we make? Are the ads that we see on t.v., in magazines, etc completely accurate with their depictions?
7. What are the guidelines for serving meals outdoors?
 - * Grilling
 - * Cooler
 - * Picnic Basket
8. Explain the dangers of outdoor cooking and how it can be managed safely?
9. Identify the differences with an outdoor kitchen in comparison to the traditional indoor kitchen.
10. How do broiling and grilling compare and differ in cooking?
11. What are some various types of soups, stews and sauces and which classification do they fall under? Why?
12. What are some ways to thicken a liquid?
13. Why would someone need to thicken a liquid in food preparation of soups, stews and sauces?
14. How should soups, stews and sauces be properly stored after use?
15. What are the 7 main regions of the United States?
16. What is the history and geographical location in the United states related to common foods consumed in each region?

17. What are some typical ingredients in each region of the US and why?
18. What are some reasons why specific dishes are more prevalent in some regions more so than others?
19. How are dishes from each region prepared?
20. How can meal planning effect the service food in entertaining?
21. What are some different tableware items and how are they used?
22. What are different types of service for meals and parties and how does this determine the food being served, utensils, etc.?
23. Why is etiquette important and how can it affect our personal lives and perceptions?
24. What are key elements when planning a party that need to be taken into consideration before entertaining guests.
25. What are cuisines that are popular in Asian cuisine because of it history and why?
26. What are cuisines that are popular in Asian cuisine because of its geographical location?
27. How are Asian dishes prepared?
28. What did/does the impact of European explorations and geography have on Latin American cuisine?
29. What are common ingredients that are used in Latin American dishes.
30. How are common ingredients used in Latin American dishes?
31. How are Latin American dishes prepared?
32. What are common cuisines found in specific geographical regions in Southern Europe?
33. What are typical ingredients used in dishes in specific regions in Southern Europe and why?
34. What are the common preparation methods used in Southern European cooking?

Primary Resource(s) & Technology:

- Textbook- *Guide to Good Food*, The Goodheart-Willcox Company, INC. Copyright 2006
- Microsoft Teams, Student Laptops
- Teacher Guided PowerPoints
- Teacher Guided Notes
- Provided Recipes
- Recipe Ingredients
- Use of Kitchens including various kitchen tools/equipment/appliances

Pennsylvania and/or focus standards referenced at:

[http://static.pdesas.org/content/documents/Academic Standards for Family and Consumer Sciences.pdf](http://static.pdesas.org/content/documents/Academic_Standards_for_Family_and_Consumer_Sciences.pdf)

Big Ideas/ EQs	Focus Standard(s)	Assessed Competencies (Key content and skills)	Timeline
		<p><u>Mastery of Cooking Overview</u></p> <ul style="list-style-type: none"> • Comfort with TEAMS and Skyward • Review Syllabus and Course Overview <ul style="list-style-type: none"> - PowerPoint - Introductions - Asynchronized and Synchronized Instruction 	Week 1
Listed from above: 1, 2, 3	11.3.3.B 11.3.3.F 11.3.6.B 11.3.6.F 11.3.9.B	<ul style="list-style-type: none"> • <u>Safety, Sanitation & Foodborne Illness</u> in food handling (e.g., hand wa • Apply knowledge to avoid kitchen accidents. (e.g., volume, weight, fractions) • Apply knowledge to avoid food borne illness and other related effects on improper food handling. (e.g., storage, temperature con • Apply knowledge to successfully complete labs safely and efficiently. (e.g., environment for food production • Identify and prevent factors that affect food choices. (e.g., food-handling procedu • Identify and prevent factors that affect food choices. (e.g., and toxic chem 	Week 2
Listed from above: 1, 2, 3	11.3.3.B 11.3.3.F 11.3.6.B 11.3.6.F 11.3.9.B	<p><i>No School Monday. Labor Day</i></p> <ul style="list-style-type: none"> • <u>Equipment, Appliances, Vocab, Reading a Recipe, Measuring and Equivalent</u> • Understand the importance of adjusting recipes. • Through cross-curricular teaching apply skills that can be used in math which deal with measuring and fractions. 	Week 3
Listed from above: 4, 5, 6	11.3.3.B 11.3.3.F 11.3.3.G 11.3.6.B 11.3.6.C	<ul style="list-style-type: none"> • <u>Knife Skills, Prepping for Labs, Cooking in the classroom expectations, Review for Test One.</u> (e.g., hand wa • Identify components of a basic recipe (e.g., volume, weight, fractions). • Knives (e.g., volume, weight, fractions) • Knife safety (e.g., volume, weight, fractions) • Cutting techniques (e.g., taste, touch, smell, mouth fee • Knife skills (e.g., storage, temperature con • Preparing conditions that create a safe working environment for food production • In Class Cooking Lab - Cookie Lab (e.g., food-handling procedu • Analyze factors that affect food choices. (e.g., and toxic chem • TEST ONE 	Week 4

	11.3.6.F 11.3.9.F	<ul style="list-style-type: none"> Understand and identify techniques to make es and food-handling procedu food more visually appealing. 	
Listed from above: 7, 8, 9, 10	11.3.3.B 11.3.3.C 11.3.3.D 11.3.3.F 11.3.3.G 11.3.6.A 11.3.6.B 11.3.6.C 11.3.6.F 11.3.6.G 11.3.9.F 11.3.9.G 11.3.12.A	<ul style="list-style-type: none"> Grilling vs Broiling Students will be able to identify basic guidelines for cooking, serving and eating meals outdoors. Students will be able to explain in detail the dangers of outdoor cooking and how it can be managed safely. Students will be able to identify the differences between an outdoor kitchen in comparison to the traditional indoor kitchen. Students will be able to recall information in regard to how broiling and grilling foods have similarities but still differ in cooking. 	Week 5
Listed from above: 11, 12, 13, 14	11.3.3.A 11.3.3.B 11.3.3.C 11.3.3.D 11.3.3.E 11.3.3.G	<ul style="list-style-type: none"> Soups, Stews (& sauces) & Review for Test 2 Students will be able to recall a variety of different soups, stews and sauces and properly place them into their specific classification. Students will be able to identify ways in which to thicken a liquid in cooking soups, stews and sauces. Students will be able to explain why someone may need to thicken a liquid in food preparation of soups, stews and sauces through demonstrating this skill. 	<p>Week 6</p> <p>travels from the farm to the con</p> <p>(e.g., hand wa</p> <p>diet in maintaining health.</p> <p>including</p> <p>and calories.</p> <p>taste, touch, smell, mouth fee</p>

	11.3.6.A	- Students will be able to recall and identify ways in which soups, stews and sauces can properly be stored after use.	used to evaluate food in various
	11.3.6.B	- TEST TWO Describe safe food handling techniques (e.g., storage, temperature conditions that create a safe working environment for food production	
	11.3.6.C	Analyze factors that effect food choices.	
	11.3.6.D	Describe a well-balanced daily menu using the dietary guidelines and pyramid.	
	11.3.6.F	Analyze basic food preparation techniques and food-handling procedu	
	11.3.6.G	Describe the physical, biological, and chemical changes that take plac	
	11.3.9.A	Explain how scientific and technological developments enhance our f preservation techniques, packaging, nutrient fortification).	
	11.3.9.F	Hypothesize the effectiveness of the use of meal management princip management, budgetary considerations, sensory appeal, balanced nutr sanitation).	
	11.3.9.G	Analyze the application of physical and chemical changes that occur i preparation and preservation.	
	11.3.12.C	Evaluate sources of food and nutrition information.	
	11.3.12.D		
Listed from above: 15, 16, 17, 18, 19	11.3.3.B	<ul style="list-style-type: none"> • <u>United States Regional Cooking</u> techniques in food handling (e.g., hand wa • <u>History of the United States</u> Week 7 • <u>New England & Mid Atlantic Region</u> 	
	11.3.3.D	• Students will be able to identify the 7 maine food guide pyramid including regions of the United States. the body.	
	11.3.3.F	• Students will be able to explain how the history and the various geographical recipe (e.g., volume, weight, fractions, locations in the United States relate to's).	
	11.3.3.G	• Students will be able to recall common (e.g., taste, touch, smell, mouth fee common foods consumed in those regions.	
	11.3.6.A	• Students will be able to recall common ingredients from each region of the US and why these ingredients are more accessible's used to evaluate food in various and used in cooking. adiated).	
	11.3.6.B	• Students will be able to explain why specific dishes are more prevalent in some techniques (e.g., storage, temperature cor regions more so than others in the United environment for food production States.	

	11.3.6.C	<ul style="list-style-type: none"> Students will be able to demonstrate how each dish from each region prepared. 	
	11.3.6.F	Analyze basic food preparation techniques and food-handling procedures.	
	11.3.6.G	<p>No Class- Monday. Columbus Day</p> <ul style="list-style-type: none"> <u>History and Diversity of the South</u> 	Week 8
Listed from above: 15, 16, 17, 18, 19	11.3.9.A	<ul style="list-style-type: none"> <u>Midwest and South West Regional Cooking</u> 	Week 9
	11.3.9.F	Hypothesize the effectiveness of the use of meal management principles (e.g., management, budgetary considerations, sensory appeal, balanced nutrition, sanitation).	
	11.3.9.G	Analyze the application of physical and chemical changes that occur in food preparation and preservation.	
	11.3.12.A	Analyze how food engineering and technology trends will influence the future of food.	
	11.3.12.C	Evaluate sources of food and nutrition information.	
	11.3.12.G		
END OF 1st Nine Weeks			
Listed from above: 15, 16, 17, 18, 19	(See above- US Regional Cooking standards)	<ul style="list-style-type: none"> <u>History of the Pacific Coast and Hawaiian Islands.</u> 	Week 10
		<p>No School – Tuesday. Voting Day.</p> <ul style="list-style-type: none"> <u>Review US Regions for Test, Cleaning, Differences in cleaning supplies and effectiveness</u> - Thorough Kitchen Cleanup - TEST THREE 	Week 11
		<ul style="list-style-type: none"> <u>Introduction to Course PowerPoint Assignment</u> - PowerPoint - Working on Writing Assignment 	Week 12
Listed from above: 20, 21, 22, 23, 24	11.3.3.B	<ul style="list-style-type: none"> <u>Meal Planning and Budgeting Lesson</u> 	Week 13
	11.3.3.C	Students will be able to identify different service methods and how they affect the way we plan for meals.	
	11.3.3.F	Student will be able to apply knowledge of table setting to successfully complete a table setting quiz for an informal dining experience.	
	11.3.3.G		

	11.3.6.B 11.3.6.C 11.3.6.D 11.3.6.F 11.3.6.G 11.3.9.A 11.3.9.B 11.3.9.F 11.3.12.A 11.3.12.F	<ul style="list-style-type: none"> Students will identify etiquette procedures and apply those in basic life situations. Students will demonstrate knowledge of large meal planning to create a holiday style dinner in class working in small groups. Students will demonstrate and act out proper planning, preparation and organization for entertaining guests for a Holiday or Party of their choice. <p>Explain how scientific and technological developments enhance our food preservation techniques, packaging, nutrient fortification).</p> <p>Identify the cause, effect and prevention of microbial contamination, physical and chemical changes that take place in food.</p> <p>Hypothesize the effectiveness of the use of meal management principles (e.g., meal management, budgetary considerations, sensory appeal, balanced nutrition, sanitation).</p> <p>Analyze how food engineering and technology trends will influence the future of food.</p>	e.g., storage, temperature control, environment for food production Following the dietary guidelines and Food safety and food-handling procedures and chemical changes that take place in food. developments enhance our food preservation techniques, packaging, nutrient fortification).
Listed from above: 20, 21, 22, 23, 24	(see above)	<p>No School – Thursday & Friday. Thanksgiving Break</p> <ul style="list-style-type: none"> Cooking from home plan and execution - Cooking at Home Homework Assignment (For Thanksgiving or any meal at home.) 	Week 14
Listed above from: 25, 26, 27	11.3.3.B 11.3.3.D 11.3.3.F 11.3.3.G 11.3.6.A	<p>No School – Monday. Thanksgiving Break</p> <ul style="list-style-type: none"> China History, Culture, and Cuisine Describe personal hygiene techniques in food handling (e.g., hand washing, food safety). Students will be able to explain various Asian dishes that are popular in Asian cuisine because of its history. Students will be able to explain some popular Asian foods/dishes because of its geographical location. Students will be able to demonstrate how various Asian dishes are prepared. 	(e.g., hand washing, food safety) Week 15 in the food guide pyramid including the body. recipe (e.g., volume, weight, fractions, according to senses (e.g., taste, touch, smell, mouth feel) techniques used to evaluate food in various
Listed from above: 28, 29, 30, 31	11.3.6.B 11.3.6.C 11.3.6.F 11.3.6.G	<ul style="list-style-type: none"> Latin America History, Culture and Cuisine Describe safe food handling techniques (e.g., storage, temperature control, environment for food production). Students will be able to explain the impact of European explorations and its geography on Latin American cuisine. Students will be able to recall common ingredients that are used in Latin American dishes. 	Week 16 and food-handling procedures chemical changes that take place

	11.3.9.A	<ul style="list-style-type: none"> Students will be able to explain how biological developments enhance our food (e.g., common ingredients are used in Latin American dishes, nutrient fortification). Students will demonstrate how Latin American dishes are prepared from start to finish while completing various recipes during in-class lab experiences. 	the effectiveness of the use of meal management principles, sensory appeal, balanced nutrition, physical and chemical changes that occur in
	11.3.9.F		
	11.3.9.G		
Listed from above: 32, 33, 34	11.3.12.A 11.3.12.C 11.3.12.G	<ul style="list-style-type: none"> Italian History, Culture and Cuisine Analyze how food engineering and technology trends will influence the preparation and preservation of food. Students will be able to identify common cuisines found in various regions in Southern Europe. Students will be able to recall and explain common ingredients used in dishes in regions throughout Southern Europe. Students will be able to demonstrate common preparation methods used in Southern European cooking while completing various recipes related to the region/area presented. 	Week 17 formation.
Listed from above: 25-34		<i>No School – Thursday and Friday. Winter Break</i>	
		<ul style="list-style-type: none"> Review and Test - TEST FOUR 	Week 18
WINTER BREAK			
		<ul style="list-style-type: none"> PowerPoint's Presentation Week - <i>Projects due and students to present their research to the class</i> 	Week 19
		<ul style="list-style-type: none"> End of Course – Final Kitchen Cleanup - <i>Final Clean Up Assignment Due</i> - <i>All Make Up Work Due</i> - <i>Notebook Check</i> 	Week 20

Course Tests

Test 1	Safety & Sanitation, Foodborne Illness, Tools/Equipment, Vocabulary/Terms, Reading a Recipe, Measuring, Equivalents
Test 2	Knife Skills and Vocab, Grilling and Broiling, Soups, Stews & Sauces
Test 3	United States Regional Information and Cooking Traditions
Test 4	Chinese, Mexican & Italian Culture and Cooking Traditions
