

WGSD Curriculum
Family and Consumer Science Department

Course: Family and Consumer Science: Foods II

Grade Level: 10-12

LG 10 Eggs, Egg Dishes, and Custards

High Priority Standards

National Standards for Family and Consumer Sciences: Nutrition and Wellness

14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.

14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.

14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.

14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

Learning Goal	Proficiency Scale
Students will be able to create a variety of egg based dishes.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal. Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none">• Measuring and following precise steps in food preparation• Choosing best practice cooking techniques and timing for egg dishes.• Creating a finished product that follows an exact recipe. Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none">• Recognizing and recalling specific vocabulary, such as: as candling, emulsion, coagulum, omelet, soufflé, meringue, weeping, beading, custard.• Performing processes such as:<ul style="list-style-type: none">○ Reading and following a recipe.

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- Identifying a variety of egg dishes and their properties.
- Identifying how to properly store egg products.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

Learning Targets

Students know how to:

- Select and store eggs and egg dishes.
- Describe the principles and methods of cooking eggs.
- Prepare eggs and egg dishes.

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Course: Family and Consumer Science: Foods II

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LG 11 Dairy Dishes

High Priority Standards

National Standards for Family and Consumer Sciences: Nutrition and Wellness

14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.

14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.

14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.

14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

Learning Goal

Students will be able to create a variety of dairy based dishes.

Proficiency Scale

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Measuring and following precise steps in food preparation.
- Choosing best practice cooking and preparation techniques for dairy dishes.
- Creating a finished product that follows an exact recipe.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: Pasteurization, Ultra-high temperature processing, homogenization, milk fat, coagulate, curd, whey, processed cheese, scum, curdling, scorching, white sauce, roux, slurry, bisque, chowder.

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- Performing processes such as:
 - Identifying food science principle of dairy products.
 - Reading and following a recipe.
 - Identifying how to properly store dairy items.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

Learning Targets

Students know how to:

- List factors affecting the selection of dairy products.
- Describe the guidelines for preventing adverse reactions when cooking with dairy products.
- Prepare a variety of dishes using milk, cream, cheese, and other dairy products.

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Course: Family and Consumer Science: Foods II

Grade Level: 10-12

LG 12 Meat Dishes

High Priority Standards

National Standards for Family and Consumer Sciences: Nutrition and Wellness

14.3 Demonstrate ability to acquire, handle, and use foods to meet nutrition and wellness needs of individuals and families across the life span.

14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs.

14.3.2 Design strategies that meet the health and nutrition requirements of individuals and families with special needs.

14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.

Learning Goal	Proficiency Scale
Students will be able to create a variety of meat dishes.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal. Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none">● Measuring and following precise steps in food preparation.● Choosing best practice cooking and preparation techniques for meat dishes.● Creating meat dishes using both dry and moist cooking methods. Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none">• Recognizing and recalling specific vocabulary, such as: variety meats, wholesale cuts, retail cuts, veal, pork, lamb, marbling, elastin, collagen, cooking losses.• Performing processes such as:<ul style="list-style-type: none">○ Identifying the differences between retail and wholesale cuts.

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- Reading and following a recipe.
- Identifying how to properly store meats.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

Learning Targets

Students know how to:

- List factors affecting the selection of meats.
- Describe how to properly store meats.
- Describe the principles and methods of cooking meat.
- Prepare meats using moist and dry cooking methods.