



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Home Cooking Basics Grade Level(s): 10-12 Units of Credit: .5 Classification: Elective	Length of Course: 15 cycles Periods Per Cycle: 6 periods Length of Period: 43 minutes Total Instructional Time: 64.5 hours
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Course Description

This course is a semester long course in which students will learn how to prepare food for themselves and their families. They will prepare main dishes with meat, poultry, and meat alternatives; side dishes with vegetables and grain products; breads; and desserts. The final activity will be planning and preparing an entire meal. The second half of the course students will explore various careers in Family and Consumer Sciences. Students will spend a week on each of the following careers: Fashion Apparel and Textile Design and Merchandising, Food and Nutrition Sciences/Dietetics, Hospitality, Interior Design, Culinary and Pastry Arts, Consumer Economics, Child Care Services, and Education.

Instructional Strategies, Learning Practices, Activities, and Experiences

Planning and preparing food dishes	Career exploration pamphlets	Speakers in different career fields
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Assessments

Teacher-prepared exams and quizzes	Food preparation rubrics	Presentation rubrics
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Materials/Resources

Teacher-prepared activity sheets Teacher-prepared outlines	Food preparation equipment Cookbooks	Teacher-prepared PowerPoint presentations Laptops/Computers
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Adopted: 5/18/2015

Revised:

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>1. Food and Kitchen Safety</p>	<p>OBJECTIVES</p> <ul style="list-style-type: none"> A. Students will be able to demonstrate basic safety rules to avoid cuts, burns, and electric shock when working in the kitchens. B. Students will be able to demonstrate proper food handling techniques to prevent food borne illness. <p>STANDARDS</p> <p>PA 11.3.6.B Describe safe food handling techniques (e.g. storage, temperature control, food preparation, conditions that create a safe working environment for food production).</p> <p>PA 11.3.6.F Analyze basic food preparation techniques and food-handling procedures.</p>
<p>2. Kitchen Preparation</p>	<p>OBJECTIVES</p> <ul style="list-style-type: none"> A. Students will be able to demonstrate measuring techniques for both liquid and dry ingredients. B. Students will be able to identify and describe the use of equipment for food preparation. C. Students will be able to identify and successfully follow the information found in a recipe. <p>STANDARDS</p> <p>PA 11.3.6.F Analyze basic food preparation techniques and food-handling procedures.</p>

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>3. Food Preparation</p>	<p>OBJECTIVES</p> <ul style="list-style-type: none"> A. Students will be able to describe and demonstrate cooking methods used to prepare meat, poultry, fish, fruits and vegetables. B. Students will be able to identify, select, plan, and prepare each type of quick bread, yeast bread, and convenience food. C. Students will be able to demonstrate the proper use of a microwave oven. D. Students will be able to preserve foods using the proper techniques and prepare one item of food for each of the different processes; canning, freezing, and drying. <p>STANDARDS</p> <p>PA 11.3.6.A. Demonstrate knowledge of techniques used to evaluate food in various forms (e.g., canned, frozen, dried, irradiated).</p> <p>PA 11.3.9. A. Explain how scientific and technological developments enhanced our food supply (e.g., food preservation techniques, packaging, nutrient fortification).</p> <p>PA 11.3.12. C Evaluate sources of food and nutrition information.</p> <p>PA 11.3.12 E. Analyze the breakdown of foods, absorption of nutrients, and their conversion to energy by the body.</p> <p>PA 11.3.12.G. Analyze the relevance of scientific principles to food processing, preparation, and packaging.</p>

CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
4. Careers in Family and Consumer Sciences	<p>OBJECTIVES</p> <p>A. Students will explore the careers that are available to them in the Family and Consumer Sciences field including but not limited to: Fashion Apparel and Textile Design and Merchandising, Food and Nutrition Sciences/Dietetics, Hospitality, Interior Design, Culinary and Pastry Arts, Consumer Economics, Child Care Services, and Education.</p> <p>STANDARDS</p> <p>PA 11.1.12 B Analyze the management of financial resources across the lifespan.</p>