

Mt. Zion High School Curriculum Map

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Department: Family and Consumer Sciences

Subject: Nutrition & Culinary Arts I

Quarter	Essential Skills	Strategies and Activities	Standards	Assessments
1	<ol style="list-style-type: none"> <li data-bbox="289 313 720 488">1. Students will analyze and evaluate nutrition and fitness according to society, social media, healthy living standards, and personal fitness goals. <li data-bbox="289 743 720 878">2. Students will criticize and categorize safety and sanitation used by the food industry, in the classroom, and personally. <li data-bbox="289 1174 720 1344">3. Students will predict the outcome of the Oxidative Enzymatic Browning (OEB) process. Students will discover ways to prevent OEB. 	<ol style="list-style-type: none"> <li data-bbox="762 313 1308 667">1a. Students will compile and arrange nutrition and fitness data using internet resources and the myfitnesspal iPad application. <li data-bbox="762 492 1308 557">b. Students will diagram personal fitness and nutrition activity. <li data-bbox="762 597 1308 667">c. Students will summarize personal fitness and nutrition activity. <li data-bbox="762 743 1308 1097">2a. Students will discuss and collaborate about the issues related to safety and sanitation. <li data-bbox="762 889 1308 992">b. Students will experiment with glow-germ—a bacterial simulation demonstrating the movement of bacteria. <li data-bbox="762 1032 1308 1097">c. Students will explain why safety and sanitation are important. <li data-bbox="762 1174 1308 1344">3a. Students will manipulate OEB solutions through lab experimentation. <li data-bbox="762 1279 1308 1344">b. Students will justify and defend homemade OEB solutions. <li data-bbox="762 1385 1308 1487">c. Students will discover that OEB applications will be used throughout the semester. 	<p data-bbox="1329 313 1434 448">10.w.8 11.RIT.1 11.w.6 S.ID.5</p> <p data-bbox="1329 743 1434 808">10.W.3 11.RIT.1</p> <p data-bbox="1329 1174 1434 1239">11.W.1 11.SL.2</p>	<ol style="list-style-type: none"> <li data-bbox="1581 313 1896 488">1a. myfitnesspal research project scored with rubric. <li data-bbox="1581 456 1896 488">b. Nutrition/fitness test. <li data-bbox="1581 743 1896 841">2a. Laboratory experience scored with rubric. <li data-bbox="1581 889 1896 954">b. Safety and sanitation test. <li data-bbox="1581 1206 1896 1304">3a. Laboratory experiences (2) scored with rubric. <li data-bbox="1581 1352 1896 1450">b. Multiple tests throughout the semester (fruit, vegetables, salad).

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1 cont.	<p>4. Students will categorize and classify fruits, vegetables, and grains. Students will also understand cooking techniques and preparation methods.</p>	<p>4a. Students will outline fruit and vegetable types—using notes, the textbook, and collaboration—to create diagrams.</p> <p>b. Students will differentiate between grain types—using notes, the textbook, collaboration, and laboratory experiences.</p>	<p>11.SL.2 11.RL.10</p>	<p>4a. Fruit laboratory experience scored with rubric.</p> <p>b. Vegetable laboratory experience scored with rubric.</p> <p>c. Grain laboratory experience scored with rubric.</p> <p>d. Multiple tests throughout the semester (fruit, vegetables, grains).</p>
2	<p>5. Students will explain and summarize gluten, gluten development, the scientific properties of gluten, and gluten allergies.</p>	<p>5a. Students will experiment with and explain the gluten development and the properties of gluten by completing multiple laboratory experiences.</p>	<p>11.W.1 11.W.9</p>	<p>5a. Grain laboratory experience scored with rubric.</p> <p>b. Cookie laboratory experience scored with rubric..</p> <p>c. Pie laboratory experience scored with rubric.</p> <p>d. Multiple tests throughout the semester (grain, quick breads, pies).</p>

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2 cont.	<p>6. Students will experiment with and distinguish between four different sauces. Students will understand gelatinization.</p> <p>7. Students will generate food preparation techniques, implementation, and evaluation throughout the entire semester.</p>	<p>6a. Students will develop sauces with the understanding that this process requires gelatinization.</p> <p>b. Students will experiment with the principles of gelatinization.</p> <p>7a. Students will develop, prepare, and evaluate recipes throughout the semester.</p>	<p>11.W.4</p> <p>11.RL.10 12.RIT.7</p>	<p>6a. Starch laboratory experience scored with rubric.</p> <p>b. Multiple tests throughout the semester (grains, salad, casserole, soups)</p> <p>7a. Multiple laboratory experiences throughout the semester scored with rubric.</p> <p>b. Multiple tests throughout the semester.</p> <p>b. Final examination at the end of the semester (will encompass everything on this curriculum map).</p>