

## **8th Grade FFL Curriculum Overview**

Students in 8th grade Food for Life will begin with a study of the different nutrients that are important for the body. Next, students will learn about all the parts of a meal and the importance of using different temperatures, textures, colors and shapes to make meals appealing. Students will then produce different breads, vegetables, fruits, grains, dairy products and proteins in the lab setting. They will plan and estimate the cost of each lab. Working with a budget, students will plan meals and snacks.

Skills to be developed throughout the course: (bulleted list of skills that students will work on throughout the course)

- Planning a colorful, nutritious meal
- Using time/work schedules to stay on time and task
- Using market orders for lists of ingredients needed to prepare recipes
- Following recipes
- Using proper measuring techniques
- Using specific tools in the kitchen and knife skills
- Teamwork to prepare a product

In Gower Middle 8th grade FACS Classrooms:

- Students will be able to assemble ingredients to produce a product.
- Students will learn proper tools and measuring techniques
- Students learn knife safety and knife skills
- Students will follow directions to produce a product
- Students will acquire skills to choose foods that will benefit good health
- Students will use math skills to be able to stay on a budget

Units of Study:

- Nutrition for the Teen
- Breads and leavening agents
- Fruits Lab
- Vegetables Lab
- Grains Lab
- Cheesemaking and Dairy Lab
- Proteins
- Financial Literacy-staying on a budget

The Learning Standards for this course are (ie Common Core Standards, Illinois Learning Standards, National Standards). Priority standards should be listed and linked below:

**GM.08.FACS.01 -**

Demonstrate teamwork in the laboratory setting with hands-on activities using time management

**GM.08.FACS.02 -**

Demonstrate appropriate food preparation skills using proper tools and techniques.

**GM.08.FACS.03 -** Apply current dietary guidelines in planning to meet nutrition and wellness needs.

**GM.08.FACS.04 -**

Demonstrate the ability to use knowledge and skills to manage one's financial resources effectively for a lifetime of financial security.

