



## Course Overview

High School | FCS | Fundamentals of Cooking & Nutrition - Last Updated on March 21, 2025

### DESCRIPTION

#### K-12 Content Area | Mission & Philosophy Statement

- Financially literate consumers are able to effectively manage personal budgets to reach economic stability and long-term financial objectives.
- Healthy adults utilize their knowledge of nutrition, along with meal planning, preparation skills, and food safety practices to make lifestyle decisions that promote long-term well-being for themselves and their families.
- Strong communication and conflict resolution skills are essential for establishing and sustaining positive family and professional connections, leading to personal and professional satisfaction.
- Knowledgeable consumers understand their rights and responsibilities, empowering them to navigate the marketplace in a proficient and ethical manner.

#### Course Description

Family and Consumer Science students learn through a variety of curriculum-based projects and hands-on experiences. Development of basic skills in nutrient, home safety, food preparation, measurement, consumerism, sewing, operating the sewing machine, child development, and finance is integral to student learning. Experiences are designed to assist students in achieving the competence and responsibility needed to become contributing community and family members. In addition, the curriculum aids students in developing personal abilities, confidence, and interests.

This introductory course is designed for the culinary enthusiast who wishes to gain confidence in the kitchen and develop basic food preparation and cooking skills. Throughout the course, students will learn the fundamentals and essentials that intuitive home cooks rely upon without cracking open a cookbook. Objectives will center on identifying, using and caring for kitchen equipment; safety and sanitation practices; selecting, reading and preparing recipes; selection and storage of foods; functions of ingredients; methods of preparation and techniques; food science; and basic nutrition. Lab experiences are aligned with course content to strengthen students' comprehension of concepts and standards. Units of study include an introduction to Basic Nutrition; Sustainability and how it applies to each individual; an introduction to Community Support of resources such as local farmers and farmers' markets; supermarket food selection and how to see through the empty promises of marketed products; dieting and lifestyle trends; differences in nutritional strategies between America and the world; shopping options for food and groceries; meal preparations and cooking at home vs. eating out.

### STANDARDS

**Pennsylvania - Grade 9 - Family and Consumer Sciences**



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11.3.9.C

11.3.9.D

11.3.9.B

11.3.9.A

11.3.9.F

11.3.9.G

11.1.9.F

11.3.9.E

11.3

### Pennsylvania - Grade 9-12 - Career Readiness Skills

A.

A.3

B.1

C.3

A.1

A.2

B.

B.2

B.3

B.4

A.4

C.

### Pennsylvania - Grade 12 - Family and Consumer Sciences

11.3.12.B

11.3.12.C

11.3.12.G

11.1

11.1.12.F

11.3.12.E

11.3

11.3.12.D

11.3.12.F

#### COURSE OBJECTIVES

The objective of the course is to meet the Pennsylvania Academic Standards for Specific objectives for Family and Consumer Science.

#### ASSESSMENT TYPES

Forms of Assessment to Measure Course Objectives:

- Formative Assessments
- Project Based Learning
- Ipsative Assessment
- Diagnostic Assessment

#### SUGGESTED METHODS OF INSTRUCTION

Below is a list of suggested strategies for high-quality instruction in English Language Arts:

- Instructional components outlined in the *Framework for Teaching* by Charlotte Danielson
- Hands on Learning
- Visual aids
- Video demonstration
- Live demonstration



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## RESOURCES

District Approved Program Resources	District Approved Supplemental Resources	District Approved Technology Resources
	Cooking Supplies <ul style="list-style-type: none"> <li>• Giant</li> </ul>	<ul style="list-style-type: none"> <li>• Kitchen Appliances x4               <ul style="list-style-type: none"> <li>◦ Microwave</li> <li>◦ Stove/Oven</li> <li>◦ Sinks</li> <li>◦ Kitchen Aids</li> </ul> </li> <li>• Dishwasher</li> <li>• Refrigerator/Freezer</li> <li>• Aprons</li> <li>• Washer &amp; Dryer</li> <li>• General Kitchen Utensils               <ul style="list-style-type: none"> <li>◦ Measuring Cups</li> <li>◦ Liquid Measuring Cups</li> <li>◦ Measuring Spoons</li> <li>◦ Forks/Knives/Spoons</li> <li>◦ Plates/Bowls/Cups</li> <li>◦ Mixing Bowls</li> <li>◦ Cookie Trays/Muffin Pans/Loaf Pans/ Etc.</li> <li>◦ Pots/Pans</li> <li>◦ Variety of Utensils</li> </ul> </li> <li>• Kitchen Supplies               <ul style="list-style-type: none"> <li>◦ Sponges/Scrubbers</li> <li>◦ Soaps</li> </ul> </li> <li>• General Everyday Kitchen Supplies</li> </ul>