

Mt. Zion High School Curriculum Map

Name: Kendra Abner

Department: Family & Consumer Science

Subject: Nutrition & Culinary Arts I

Topic	Essential Skills	National Standards for Family and Consumer Science	Assessments
Food Handlers	<ul style="list-style-type: none"> Define foodborne illness and identify common causes (e.g., bacteria, viruses, cross-contamination). Demonstrate proper handwashing technique (20 seconds, warm water, soap). Identify the Temperature Danger Zone (40°F-140°F) and how to avoid it. Distinguish between cleaning (removing debris) and sanitizing (killing germs). 	<ul style="list-style-type: none"> 8.2.1 Identify characteristics of major foodborne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. 8.2.3 Use knowledge of systems for documenting, investigating, reporting, and preventing foodborne illness. 	<ul style="list-style-type: none"> Activity Packet Unit Test
Preparing to Cook	<ul style="list-style-type: none"> Identify the correct tools for measuring dry, liquid, and solid ingredients. Define and recognize common cooking terms (e.g., sauté, simmer, mince, fold, broil). Adjust recipe quantities using multiplication or division (scaling recipes). Demonstrate proper knife safety and handling (claw grip, guiding hand). Understand the function and safe use of equipment (oven, stovetop, mixer, etc.). Locate and interpret key parts of a recipe (title, yield, ingredients, directions, time, temperature). 	<ul style="list-style-type: none"> 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods. 	<ul style="list-style-type: none"> Measuring Lab Knife Skills Lab Preparing to Cook Test
Eggs	<ul style="list-style-type: none"> Identify parts of the egg (shell, yolk, albumen, chalazae, air cell, membrane) Describe the functions of eggs in cooking (binding, thickening, emulsifying, leavening, coating, clarifying). 	<ul style="list-style-type: none"> 9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene. 9.5.4 Demonstrate practices 	<ul style="list-style-type: none"> Egg Cookery Lab Exploring Uses of Egg Whites and Yolks - Lab Activity Unit Test

	<ul style="list-style-type: none"> • Demonstrate correct techniques for various egg preparation methods. 	and procedures that assure personal and workplace health and hygiene.	
Fruits and Vegetables	<ul style="list-style-type: none"> • Classify fruits and vegetables by botanical family or part of the plant (root, stem, leaf, fruit, seed, flower) • Identify key nutrients found in different types (e.g., vitamin C in citrus, fiber in leafy greens). • Select high-quality produce based on ripeness, color, texture, and aroma. • Demonstrate knife skills for peeling, slicing, dicing, and chopping. • Use various cooking methods (steaming, roasting, grilling, sautéing, stir-frying) and explain how they impact texture and nutrients. 	<ul style="list-style-type: none"> • 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques • 8.5.14 Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor. 	<ul style="list-style-type: none"> • Fruits Lab • Vegetables Lab • Unit Test
Salad, Soup, Herbs/Spices, & Casseroles	<ul style="list-style-type: none"> • Identify the four basic parts of a salad: base, body, garnish, and dressing. • Compare types of salads: green, fruit, pasta, protein-based, and composed salads. • Understand how to build flavor in soups through sautéing aromatics and seasoning in layers. • Experiment with seasoning blends and taste testing for balanced flavor. • Identify key components of a casserole: protein, starch, vegetable, binder (e.g., sauce or soup), and topping. 	<ul style="list-style-type: none"> • 8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques. • 8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques. 	<ul style="list-style-type: none"> • Casserole lab • Salads Lab • Using Herbs/Spices Lab • Unit Test
Grains	<ul style="list-style-type: none"> • Compare the nutritional value of whole vs. refined grains. 	<ul style="list-style-type: none"> • 8.5.1 Demonstrate professional skills in safe 	<ul style="list-style-type: none"> • Starches Lab • Unit Test

	<ul style="list-style-type: none"> • Identify common types of grains (e.g., rice, oats, quinoa, barley, wheat, corn). • Select appropriate types of grains for specific recipes or dietary needs. • Practice cooking techniques for rice, pasta, hot cereal, and baking with grain based ingredients. 	<p>handling of knives, tools, and equipment.</p> <ul style="list-style-type: none"> • 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods. 	
Pies	<ul style="list-style-type: none"> • Identify different types of pies: fruit, cream, custard, savory, and chiffon. • Recognize the key components of a pie: crust, filling, and topping. • Compare single-crust, double-crust, and lattice-top pies. • Demonstrate correct technique for measuring and mixing pie dough. • Roll out and transfer dough evenly and without tearing. • Crimp or flute edges for sealing and decoration. 	<ul style="list-style-type: none"> • 9.2.5 Demonstrate practices and procedures that assure personal and workplace health and hygiene. • 9.5.4 Demonstrate practices and procedures that assure personal and workplace health and hygiene. 	<ul style="list-style-type: none"> • Pie Crust Lab • Pie Filling Lab • Unit Test
Cookies	<ul style="list-style-type: none"> • Identify and differentiate between types of cookies. • Understand how preparation methods affect cookie shape and texture. • Properly portion cookie dough using spoons, scoops, or hands for even baking. • Roll or shape dough as required for specialty cookie types. • Arrange cookies with correct spacing on baking sheets to prevent sticking or merging. 	<ul style="list-style-type: none"> • 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment. • 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods. 	<ul style="list-style-type: none"> • Cookies Lab • Gingerbread House lab • Unit Test