

Mt. Zion High School Curriculum Map

Name: Kendra Abner

Department: Family & Consumer Science

Subject: Nutrition & Culinary Arts II

Topic	Essential Skills	National Standards for Family and Consumer Science	Assessments
Breads	<ul style="list-style-type: none"> Identify ingredients used in quick and yeast breads (e.g., flour, leavening agents, fats, liquids, salt, sugar, eggs). Demonstrate kneading techniques for gluten development in yeast breads. Use tools like dough scrapers and rolling pins correctly. Identify common baking problems (e.g., tunneling in muffins, under-proofed bread) and how to correct them. 	<ul style="list-style-type: none"> 8.4 Demonstrate food safety and sanitation procedures. 8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques. 	<ul style="list-style-type: none"> Ingredient Function Lab Quick Bread Lab Yeast Bread Lab Unit Test
Poultry/Meat	<ul style="list-style-type: none"> Outline the federal grading systems for meat. Identify receiving and storage procedures for meat. Apply basic techniques for cooking meat. Match dry heat, moist heat, combination and supplemental (barding, marinating and rubs) cooking methods with different forms of meat. 	<ul style="list-style-type: none"> 8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies. 	<ul style="list-style-type: none"> Pork Lab Chicken Lab Beef Lab Understanding the Parts of the Cow & their Culinary Uses Project Unit Test
Dairy	<ul style="list-style-type: none"> Understand labeling terms (e.g., pasteurized, homogenized, cultured, lactose-free, reduced fat). Compare dairy vs. non-dairy alternatives (e.g., almond milk, soy cheese) for nutritional 	<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 	<ul style="list-style-type: none"> Yogurt Lab Cheese Lab Milk Lab

	<p>equivalence.</p> <ul style="list-style-type: none"> • Prepare basic dairy-based sauces (e.g., béchamel, cheese sauce). • Use dairy in baked products (e.g., custards, puddings, cream-based fillings). 	<p>variety of foods.</p>	<ul style="list-style-type: none"> • Unit Test
Mother Sauces	<ul style="list-style-type: none"> • Name and describe the five mother sauces and their primary ingredients. • Prepare a roux (white, blond, and brown) and understand how color impacts flavor and use. • Use correct methods for incorporating liquids into roux to avoid lumps. • Create emulsions (e.g., for hollandaise) and maintain temperature control to prevent breaking or curdling. 	<ul style="list-style-type: none"> • 8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques. 	<ul style="list-style-type: none"> • Espagnole Lab • Tomato Lab • Hollandaise Lab • Veloute Lab • Bechamel Lab • Mother Sauce WKST • Unit Test
Food Service Industry	<ul style="list-style-type: none"> • Understand how menus are structured in food service (à la carte, prix fixe, buffet). • Calculate food cost percentages and portion yields. • Consider target market and nutrition when planning meals. • Identify different food service career paths (culinary, nutrition, management, hospitality). • Discuss industry certifications (ServSafe, ProStart, etc.). • Understand trends in sustainability, food tech, and dietary accommodations in the industry. 	<ul style="list-style-type: none"> • 8.1 Analyze career paths within the food production and food services industries. • 8.2 Demonstrate food safety and sanitation procedures. • 8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment. • 8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs. 	<ul style="list-style-type: none"> • Coffee Shop Project

Desserts	<p>Cookies:</p> <ul style="list-style-type: none"> • Understanding Ingredient Functions - Know the roles of flour, sugar, eggs, fats, leavening agents, and flavorings. • Oven Use and Temperature Control - Preheat oven, set accurate temperature, and recognize doneness. <p>Candy:</p> <ul style="list-style-type: none"> • Temperature Monitoring - Use a candy thermometer to reach correct sugar stages (e.g., soft ball, hard crack). • Safe Handling of Hot Sugar - Follow precautions to avoid burns and understand risks of working with high heat. <p>Cake/Cookie Decorating</p> <ul style="list-style-type: none"> • Basic Piping Skills - Use piping bags and a variety of tips to create borders, lettering, and simple designs on both cookies and cakes. 	<ul style="list-style-type: none"> • 8.5.10: Demonstrate baking techniques and procedures to produce baked goods. • 8.5.11: Demonstrate preparation of pies, tarts, cookies, and cakes using safe handling and professional preparation techniques. 	<ul style="list-style-type: none"> • Cookie Lab • Candy Lab • Cake Decorating Lab • Cookie Decorating Lab • Other Various Dessert Labs • Desserts Webquest • Unit Test
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