

Murrieta Valley Unified School District
High School Course Outline
February 2008

Department: Consumer and Family Studies

Course Title: Foods and Nutrition

Course Number: 5516

Grade Level: 10-12

Length of Course: 1 year

Prerequisite: None

UC/CSU (A-G) Requirement: No

Brief Course Description: A course to prepare students to understand the scientific principles of nutrition, the relationship of nutrition to health and well-being, and careers related to food and nutrition. Instruction includes nutrition and health, safety and sanitation, meal management, food preparation, food and culture, the science of food and nutrition, food costs and production, and food technology.

I. Goals

The student will:

- A. Explain the principles of nutrition and their relationship to good health through the life cycle. (CFS Standard 21: Nutrition and Health)
- B. Explain the functions and sources of the major nutrients and their relationship to good health. (CSF Standard 21.1)
- C. Compare an individual's daily diet with average needs for each food group in the USDAMyPyramid based on aged, gender and physical activity. (CFS Standard 21.2)
- D. Understand the basic principles of food safety and sanitation and the proper techniques for preparing and serving food. (CFS Standard 22: Food Safety and Sanitation)
- E. Identify organisms that cause food-borne illnesses and food spoilage; sources of contamination; and conditions required for the growth of organisms. (CFS Standard 22.1)

- F. Employ sanitary practices before, during and after food preparation and service. (CFS Standard 22.2)
- G. Compare information on food labels to analyze and determine serving size, number of servings, calories, ingredients, and nutritional value. (CFS Standard 23.2)
- H. Define food preparation terminology and interpret standardized recipes used in the preparation of food products. (CFS Standard 23.8)
- I. Describe the properties and functions of ingredients and their substitutes used to prepare food. (CFS Standard 23.9)
- J. Use appropriate equipment and techniques for dry and liquid measurements. (CFS Standard 23.10)
- K. Define and demonstrate food preparation techniques and skills that preserve nutrients and enhance flavor and appearance of food. (CFS Standard 23.11)
- L. Plan, prepare and serve meals that apply the principles of contrasts in flavors, textures, and temperatures and are aesthetically pleasing and nutritious. (CFS Standard 23.12)
- M. Convert volume and weight measurements to increase and decrease yields of recipes (CFS Standard 23.13)
- N. Understand commonly accepted food customs as well as table setting, meal service and etiquette practices of the United States and other cultures. (CFS Standard 24: Food Culture and Etiquette)
- O. Research and compare food preparation techniques, table settings, meal etiquette, food habits and traditions of different cultures. (CFS Standard 24.5)
- P. Describe the influence of such factors as culture, geographic region, and socioeconomic status on food choices and habits. (CFS Standard 24.6)

II. Outline of Content for Major Areas of Study

Semester I

- A. Safety and Sanitation
 - 1. Food-borne illnesses
 - 2. Food handlers guide
 - 3. Safe use of equipment and appliances

B. Recipe Skills

1. Equipment identification and use
2. Measurement tools and techniques
3. Cooking terms

C. Using My Pyramid to teach basic food preparation skills

1. Grains
2. Fruits
3. Vegetables
4. Dairy foods
5. Meats, eggs and legumes

D. Identification and functions of the six major nutrients

1. Carbohydrates
 - a. Simple
 - b. Complex
2. Proteins
 - a. Complete
 - b. Incomplete
3. Vitamins
 - a. Water-soluble
 - b. Fat-soluble
4. Minerals
 - a. Macro
 - b. Electrolytes
 - c. Trace
5. Fats
 - a. Saturated
 - b. Unsaturated
 - c. Relationship to cholesterol
6. Water

Semester II

A. Meal Management

1. Time and resource management
2. Menu planning
3. Table service
4. Table Setting
5. Etiquette

B. Regional Foods of the United States

1. Northwest
2. Southwest

3. Midwest
4. South
5. Southeast
6. Northeast

C. Global Foods

1. Latin America and the Caribbean
2. Asia
3. Africa
4. Northern Europe
5. Eastern Europe
6. The Mediterranean and Middle East

III. Accountability Determinants

A. Key Assignments

1. Cooking Labs
2. Student Produced Cookbooks
3. Student Cooking Demonstrations
4. Individual and Group Research Projects and Presentations
5. Webquests

B. Assessment Methods

1. Standards-based Lab Evaluations
2. Presentation and Project Rubrics
3. Peer Reviews
4. Student self-Evaluations
5. Unit Quizzes and Tests

IV. Instructional Materials and Methodologies

A. Required Textbook(s): Food for Today by Helen Kowtaluk, McGraw Hill, Glencoe, copyright 2006.

B. Supplementary materials: Food for Today Teaching and Learning Resources, Computer lab, Videos/DVDs, Cookbooks, Magazines and Newspaper

C. Instructional Methodologies

1. Advance Organizers
2. Direct Instruction
3. Demonstrations
4. Cooperative Learning
5. Group Investigation
6. Role Playing

