

Elizabethtown Area School District
Scope & Sequence - Quick Reference



Department: Family & Consumer Sciences

Course: Foods and Nutrition 1

Grade Level(s): 9-12

<i>Unit Title</i>	<i>General Topic(s)</i>	<i>Pacing</i>
1. Culinary Basics	<ul style="list-style-type: none">● Kitchen Equipment● Kitchen Safety● Recipe Literacy● Recipe Math● Measuring Ingredients● Functions of Baking Ingredients● Food Preparation & Cooking Terms● Table Setting & Manners● Food Safety	30 days
2. Food: Nutrition and Selection	<ul style="list-style-type: none">● Food Choices● Culture and food● Choose My Plate● US Dietary Guidelines for Americans● Nutrition Facts label● Grocery Shopping● Selection and Nutrition of Fruits and Vegetables● Selection and Nutrition of Grains● Selection and Nutrition of Meats and Proteins● Selection and Nutrition of Dairy products	30 days

	<ul style="list-style-type: none"> ● Meal Planning ● Microwave Food Preparation ● Healthy Breakfast ● Fast Food: Healthy selections 	
3. United States Foods	<ul style="list-style-type: none"> ● By region, food, and culture 	10 days
4. Culinary Labs	<ul style="list-style-type: none"> ● Appetizers ● Soup ● Meals ● Salad ● Snacks & Drinks ● Fruits & Vegetables ● Rice and pasta ● Baking: cookies, muffins ● Meats: ground beef & chicken ● Breakfast meals ● Cultural and State foods 	20 Days