

Course Title:	Family and Consumer Sciences
Grade(s):	7

Course Description
The class is taught with the CTE (Career Tech Ed) mindset, that the student might want to pursue this interest area as a college or career opportunity. The classroom is set up to flow with the high school's kitchen, university teaching kitchens, and kitchens in the foodservice industry. Assessments are given for units. Emphasis is placed on cross-contamination and mise en place. Every cooking lab is followed up with a reflection to complete. The class meets for one quarter (approximately 45 days).
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Class Expectations and Introductions	This unit establishes clear expectations and promotes student responsibility through structured roles. Learning Targets • I can perform room routines and procedures. • I can successfully complete the classroom scavenger hunt with prompts to find all the labeled materials needed, including kitchen tools. • I can apply for class job duties and explain "PoDough", the classroom form of payment for jobs. • I can work in teams for team-building activities, including a group poster.	6 classes
Unit 2: Kitchen Safety and Sanitation	In this unit, students learn about kitchen safety and proper sanitation. Learning Target • I can identify several kitchen safety and sanitation concerns and how to	5 classes

	address them. Safety topics addressed: Food Temperature Danger Zone, Cross Contamination, Foodborne bacterium, and fire safety.	
Unit 3: Kitchen Tools and Equipment	Students build upon Grade 6 tool identification in the kitchen, as more tools are introduced in Grade 7. Learning Target • I can identify several kitchen utensils and how they are used in the kitchen.	5 classes
Unit 4: Mise en Place	This unit focuses on the concept of <i>mise en place</i>, including its meaning, purpose, and step-by-step process in recipe preparation. Students will apply these skills by working collaboratively to prepare Italian cookies, demonstrating organized and effective kitchen practices. Students will use a lab rubric and lab duty sheet. Learning Targets • I can explain what mise en place means and perform it for a recipe. • I can list the steps, in order, for mise en place. • I can practice mise en place for all recipes. • I can make Italian cookies with my team by following mise en place.	6 classes
Unit 5: Sweet Potatoes	Students learn about the health benefits of sweet potatoes and use sweet potatoes in their cooking. Learning Targets • I can explain the health benefits of consuming sweet potatoes. • I can explain how sweet potatoes are grown. • I can explain macronutrients, micronutrients, antioxidants, and free radicals. • I can explain and perform the cooking method, saute. • I can use a wavy tool to prepare and cut the sweet potatoes.	4 classes
Unit 6: Muffin Method	This unit explores the muffin method, guiding students to explain and apply the technique while using mise en place to prepare basic muffins. Learning Targets • I can explain and perform the muffin method. • I can use mise en place and the muffin method technique by preparing	6 classes

	basic muffins. • I can explain how a muffin looks when it's over and under-mixed. • I can act like a food scientist and create a new muffin based on a specific dietary need for a consumer.	
Unit 7: Egg/Omelet	This unit introduces students to eggs as a versatile ingredient. Students will apply kitchen skills by practicing safety, sanitation, measuring techniques, and teamwork while preparing an American-style omelet. Learning Targets • I can crack an egg and label the parts of an egg. • I can explain grades and sizes of eggs. • I can state the health benefits of consuming eggs. • I can create an omelet using the American omelet method. • I will practice personal hygiene, sanitation, and safety in the lab. • I will use communication, problem-solving, and teamwork skills to prepare a simple recipe. • I will identify proper measuring tools and measure ingredients correctly.	6 classes
Unit 8: Lettuce Wrap (Macro and Micronutrients) and Practicing Costing Out Recipes	This unit focuses on key nutrition concepts. Students apply this knowledge by exploring healthier food choices, such as lettuce wraps, and working collaboratively to plan and cost a nutritious recipe within a set budget. Learning Targets • I can explain micronutrients, macronutrients, antioxidants, and free radicals. • I can explain that carbs are a macro and that there are two types: simple and complex. • I can list three varieties of lettuce. • I can explain the health benefits of substituting a white roll for lettuce and create a lettuce wrap. • I can find a lettuce wrap recipe with a protein (macro), and cost it out to prepare for \$15.00. I can do this with my team.	7 classes