

Course Title:	Intro to Foods & Nutrition
Grade(s):	9-12

Course Description
Students will learn the basics of cooking and food prep in this class. Safety and sanitation is stressed in this class. Topics will include: knife skills, how to measure accurately, methods of cooking, using small appliances and a variety of tool applications to help gain mastery in the kitchen. Students will be introduced to nutrition/food choices and how to create a budget for menu items. Students will create an online cooking portfolio with recipes and nutritional content. A community service project will also be included in this course. Throughout the semester, students will continuously apply essential culinary and professional skills in every unit and kitchen lab experience. These ongoing skills focus on leadership, teamwork, and maintaining a safe and sanitary food service environment, helping students build real-world workplace readiness. Students will: • Demonstrate food service management and leadership functions. • Demonstrate food safety and sanitation procedures. National Family and Consumer Sciences Standards 8.6 Demonstrate implementation of food service management and leadership functions. 8.2 Demonstrate food safety and sanitation procedures.
Approved Curricular Materials/Textbook(s)
Servsafe Book/Online Module

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Food Production Equipment & Menu	In this unit, students will learn the foundational skills needed to plan and prepare food in a commercial kitchen setting. Using standardized recipes, students will practice proper measuring, portion control, and scaling techniques while learning	1 week

Prep/Measuring	how to select the correct equipment, ingredients, and supplies for successful food production. By the end of the unit, students will be able to analyze what is needed to produce menu items efficiently and accurately while following industry standards. • Students will demonstrate menu planning principles using standardized recipes. • Students will analyze food, equipment, and supply needs for menu production. • Students will demonstrate proper portion control, scaling, and accurate measuring techniques. National Family and Consumer Sciences Standards 8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs. 8.4.3 Analyze food, equipment, and supplies needed for menu production. 8.5.3 Demonstrate knowledge of portion control and proper scaling and measurement techniques.	
Unit 2: Safety & Sanitation	In this unit, students will learn and practice the essential safety and sanitation standards required in professional kitchens and food service environments. Instruction focuses on the proper selection, safe use, and routine maintenance of food production equipment, as well as the safe handling of knives, tools, and kitchen equipment. By the end of the unit, students will demonstrate responsible, professional behaviors that promote a safe and sanitary culinary workspace. In this unit, students will: • Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment. • Demonstrate professional skills in the safe handling of knives, tools, and equipment. National Family and Consumer Sciences Standards:	1-2 weeks

	8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment. 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.	
Unit 3: Nutrition 101	In this unit, students will explore the fundamentals of nutrition and how food choices impact health and wellness throughout the lifespan. Students will learn to apply current dietary guidelines when planning balanced meals and will develop skills to evaluate nutrition information, including understanding and using food labels accurately. By the end of the unit, students will be able to make informed, healthy food choices and understand how nutrition supports overall wellness. In this unit, students will: - Analyze factors that influence nutrition and wellness practices across the life span. - Apply current dietary guidelines to meet nutrition and wellness needs. - Analyze sources of food and nutrition information, including food labels, related to health and wellness. National Family and Consumer Sciences Standards 14.1 Analyze factors that influence nutrition and wellness practices across the life span. 14.3.1 Apply current dietary guidelines in planning to meet nutrition and wellness needs. 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.	1 week
Unit 4: Breakfast Unit - Carbohydrates	In this unit, students will focus on the role of carbohydrates in a balanced diet while learning how to prepare common breakfast foods using professional kitchen techniques. Students will evaluate nutrition principles and food preparation methods as they relate to breakfast items such as eggs, cereals, batter products, and breakfast meats. Emphasis is placed on safe food handling, proper cooking methods, and making nutritious breakfast choices. In this unit, students will:	4 weeks

	• Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans. • Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques. National Family and Consumer Sciences Standards 9.3 Evaluate nutrition principles, food plans, preparation techniques, and specialized dietary plans. 8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.	
Unit 5: Lunch - Vitamins/Minerals	In this unit, students will explore the importance of vitamins and minerals in maintaining a healthy, balanced diet while planning and preparing nutritious lunch meals. Students will use standardized recipes to design menu items that meet customer needs and will safely prepare a variety of fruits, vegetables, starches, legumes, dairy products, fats, and oils. Students will also practice preparing salads, dressings, marinades, and spices using professional culinary techniques, with an emphasis on nutrition, flavor, and food safety. In this unit, students will: • Demonstrate menu planning principles and techniques using standardized recipes to meet customer needs. • Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques. • Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques. National Family and Consumer Sciences Standards 8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs. 8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques. 8.5.8 Prepare various salads, dressings, marinades, and spices using safe	4 weeks

	handling and professional preparation techniques.	
Unit 6: Dinner - Protein	In this unit, students will focus on the role of protein in a balanced diet while planning and preparing dinner-style meals using professional culinary techniques. Students will use standardized recipes to design menu items that meet customer needs and will safely prepare a variety of meats, poultry, and seafood. Instruction also emphasizes healthy cooking methods that enhance nutritional value while reducing fat and calorie content through the use of appropriate techniques, herbs, and spices. In this unit, students will: • Demonstrate menu planning principles and techniques using standardized recipes to meet customer needs. • Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques. • Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor. National Family and Consumer Sciences Standards 8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs. 8.5.5 Prepare various meats, seafood, and poultry 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.	4 weeks
Unit 7: Snacks/Desserts - Fats	In this unit, students will examine the role of fats in cooking, baking, and nutrition while preparing a variety of snacks and desserts using professional culinary techniques. Students will use standardized recipes to plan menu items that meet customer needs and will practice safe food handling while preparing breads, baked goods, and desserts. Emphasis is placed on recipe accuracy, quality presentation, and understanding how fats affect the texture, flavor, and overall	4 weeks

	nutritional value of foods. In this unit, students will: • Demonstrate menu planning principles and techniques using standardized recipes. • Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques. • Apply current dietary guidelines in planning to meet nutrition and wellness needs. National Family and Consumer Sciences Standards 8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs. 8.5.10 Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques.	
Unit 8: Career Paths	In this unit, students will explore the wide variety of career opportunities within the food, nutrition, and culinary industries. Students will analyze career paths in food science, food technology, dietetics, nutrition, food production, and food service industries to better understand educational requirements, job responsibilities, and potential career pathways. This unit helps students connect classroom learning to real-world careers and future opportunities. In this unit, students will: • Analyze career paths within food science, food technology, dietetics, and nutrition industries. • Analyze career paths within the food production and food services industries. National Family and Consumer Sciences Standards 9.1 Analyze career paths within food science, food technology, dietetics, and nutrition industries. 8.1 Analyze career paths within the food production and food services industries.	1 week