Foods

Grade(s):	☐ K ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5	☐ 6 ☐ 7 ☑ 8	☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ Other _____
Discipline/Course:	**Discipline:** Family and Consumer Science		
Course Title:	Foods		
Prerequisite(s):	n/a		
Course Description: *Program of Studies*	In 8th grade, the foods course focuses on enhancing the skills students have learned in their 6th and 7th grade courses. During this course, the students will learn enhanced food preparation skills and nutrition concepts. Students will plan and prepare food using fresh, minimally processed ingredients.		
Course Essential Questions:	● Why is it important to use safety and sanitation practices in the kitchen? ● What is mise en place and why is it so crucial to a successful cooking and baking? ● What are the distinct functions of various common kitchen knives and how are they used? ● What makes accurate measuring essential for creating successful recipes? ● Where does our food come from and why is farming important? ● What information is provided on a food label? ● How does culture influence food choices and why is it important to learn about different cultures and their food/ history of food? ● What are the fundamentals of baking? ● What are some common utensils, equipment and terminology used in baking? ● In the presentation and serving of food, what impact does plating, design, and decorating have?		
Course Enduring Understandings:	● Key safety and sanitation practices keep us safe in the kitchen. ● Independence in the kitchen is an essential life still.		

	● Mise en place cooking provides a methodology for measuring and organizing ingredients before cooking which reduces stress and minimizes mistakes. ● There are a variety of knives and each one has a specific function and use. ● Cooking farm to table enables students to make informed, healthy food choices which also supports local and sustainable food systems. ● It is important to read food labels to determine the nutritional value of a food. ● Every culture brings unique and valuable insight into meal preparation. ● Precision is critical in baking. ● The purpose and correct use of common baking tools, equipment, and terminology. ● Food presentation is an art form in which flavor and eye appeal work together.	
Duration: **Credit:**	☐ Semester ☐ Full-Year ☑ Other	☐ 0.5 Credit(s) ☐ 1.0 Credit(s) ☐ 1.5 Credit(s) ☑ N/A
Course Materials/Resources:	● Relevant culinary reading material and recipes ● Kitchen equipment, small appliances, and hand tools ● Consumables	
FPS Course Academic Expectation(s):	☐ Exploring and Understanding (EU) ☐ Synthesizing and Evaluating (SE) ☑ Creating and Constructing (CC) ☐ Conveying Ideas (CI) ☑ Collaborating Strategically (CS) ☐ Using Communication Tools (UCT)	
Year at a Glance (Units):	**Unit 1:** Safety (Knife Skills), Sanitation, and Measuring (~1 week) **Unit 2:** Food Preparation of Meals and Nutrition (~7 weeks) **Unit 3:** Baking (~2 weeks)	

Unit Number and Title:	**Unit 1:** Safety (Knife Skills), Sanitation, and Measuring
Duration:	~1 week
Resource(s):	● Relevant culinary reading material and recipes ● Kitchen equipment, small appliances, and hand tools ● Consumables
Unit Overview:	During this unit students will begin to develop essential kitchen management skills by learning to select, safely operate, and properly clean up appropriate culinary equipment and utensils. Lessons will involve independent tasks as well as collaborative group projects.
Learning Goals	
Standard(s):	**Area of Study 2.0 Consumer and Family Resources** 2.1.1 Apply time management, organizational, and process skills to prioritize tasks and achieve goals 2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families. 2.2.3 Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment.
Essential Question(s):	● Why is it important to use safety and sanitation practices in the kitchen? ● What is mise en place and why is it so crucial to a successful cooking experience? ● What are the distinct functions of various common kitchen knives and how are they used? ● What makes accurate measuring essential for creating successful food?
Enduring Understanding(s):	● Key safety and sanitation practices keep us safe in the kitchen. ● Independence in the kitchen is an essential life still. ● Mise en place cooking provides a methodology for measuring and organizing ingredients before cooking which reduces stress and minimizes mistakes. ● There are a variety of knives and each one has a specific function and use.
Learning Goal(s): *Students will know and*	**Content:** (Students will know…)

will be able to use their learning to: (Content/ Skills)	● how to handle and use a knife safely. ● the importance of mise en place. ● how to properly measure using a variety of different tools and ingredients. ● advanced safety and sanitation practices. ● essential life skills related to cooking that encourage independence, safe choices, and personal responsibility when creating a meal. **Skills:** (Students will be able to…) ● handle a knife safely using bearclaw and will be able to perform a variety of different knife cuts. ● measure their materials properly and set up their mise en place for each cooking lab. ● read a recipe and measure the necessary ingredients correctly. ● clean up appropriately. ● collaborate during their cooking labs.

Unit Number and Title:	**Unit 2:** Food Preparation of Meals and Nutrition
Duration:	~7 weeks
Resource(s):	● Relevant culinary reading material and recipes ● Kitchen equipment, small appliances, and hand tools ● Consumables
Unit Overview:	During this unit students will be able to design, organize and execute cooking projects independently and collaboratively. Students will discover where their food comes from, learn to read nutrition labels, and practice prepping and organizing ingredients to create a complete meal.
Learning Goals	
Standard(s):	**Area of Study 2.0 Consumer and Family Resources** 2.1.1 Apply time management, organizational, and process skills to prioritize tasks and achieve goals 2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families. 2.2.3 Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment. **Area of Study 14.0 Nutrition and Wellness** 14.2.1 Evaluate the effect of nutrition on health, wellness and performance. 14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span. 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.
Essential Question(s):	● Where does our food come from and why is farming important? ● What information is provided on a food label? ● How does culture influence food choices and why is it important to learn about different cultures and their food/ history of food?
Enduring	● Cooking farm to table enables students to make informed, healthy food choices which also

Understanding(s):	supports local and sustainable food systems. ● It is important to read food labels to determine the nutritional value of a food. ● Every culture brings unique and valuable insight into meal preparation.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● the farming process, where our food comes from and why it's important. ● how food is related to culture and traditions. ● essential life skills related to cooking that encourage independence, safe choices, and personal responsibility when creating a meal on their own. **Skills:** (Students will be able to…) ● select, plan, and create a meal based on their cultural background. ● read a recipe and measure the necessary ingredients correctly. ● collaborate during their cooking labs to ensure everyone is getting an equal opportunity to participate in the lab.

Unit Number and Title:	**Unit 3:** Baking
Duration:	~2 weeks
Resource(s):	● Relevant culinary reading material and recipes ● Kitchen equipment, small appliances, and hand tools ● Consumables
Unit Overview:	In this unit students will explore the fundamentals of baking, especially regarding precision in measuring. Students will learn the critical role of exact measurement, ingredient function, and specific mixing techniques needed to make quality baked goods. Students will work both independently and collaboratively.
Learning Goals	
Standard(s):	**Area of Study 2.0 Consumer and Family Resources** 2.1.1 Apply time management, organizational, and process skills to prioritize tasks and achieve goals. 2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families. 2.2.3 Demonstrate behaviors that conserve, reuse, and recycle resources to maintain the environment. **Area of Study 14.0 Nutrition and Wellness** 14.2.1 Evaluate the effect of nutrition on health, wellness and performance. 14.2.2 Analyze the relationship of nutrition and wellness to individual and family health throughout the life span. 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.
Essential Question(s):	● What is mise en place and why is it so crucial to a successful cooking and baking experience? ● What are the fundamentals of baking? ● What are some common utensils, equipment and terminology used in baking? ● In the presentation and serving of food, what impact does plating, design, and decorating have?

Enduring Understanding(s):	● Mise en place cooking provides a methodology for measuring and organizing ingredients before cooking which reduces stress and minimizes mistakes. ● Precision is critical in baking. ● The purpose and correct use of common baking tools, equipment, and terminology. ● Food presentation is an art form in which flavor and visual appeal work together.
Learning Goal(s): *Students will know and will be able to use their learning to:* (Content/ Skills)	**Content:** (Students will know…) ● the importance of accurate measurement and following standardized recipes. ● the purpose and correct use of common baking tools, equipment, and terminology. ● essential life skills related to cooking that encourage independence, safe choices, and personal responsibility when creating a meal on their own. **Skills:** (Students will be able to…) ● select proper equipment and tools for baking. ● use proper baking terminology. ● read a recipe and measure the necessary ingredients correctly. ● plate a dessert so it is visually appealing. ● collaborate during their cooking labs to ensure everyone is getting an equal opportunity to participate in the lab.