

Elizabethtown Area
School District

Basic Foods and Nutrition

Name of Course

Course Number:	858	Length of Course:	1 semester
Grade Level:	9-12	Total Clock Hours:	120
Length of Period:	80 minutes	Date Written:	2/16/04
Periods per Week/Cycle:	6/6-Day Cycle	Written By:	Beth Shenk
Credits (if app.):	1		

Course Description:

This introductory course provides hands-on experiences in small kitchen groups and enables students to develop basic kitchen skills while preparing simple recipes. Current dietary guidelines for Americans will be highlighted in the nutritional component of the course. Food safety/sanitation, wise consumer skills in food shopping/purchasing, meal planning, and microwave cooking are additional units discussed. Recipes include dishes from the following areas: fruits/vegetables, milk/cheese, grains, quick breads, and United States regional foods.

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I. Overall Course/Grade Level Standards

Students will KNOW and be able TO DO the following as a result of taking this course.

- A. Identify and safely use a variety of kitchen tools, equipment, and appliances.
- B. Use proper measuring techniques.
- C. Define basic cooking terms.
- D. Use common measuring equivalents.
- E. Explain the parts and purpose of a recipe.
- F. Follow a recipe with accuracy.
- G. Follow basic principles and methods of preparing foods.
- H. Work safely, accurately, and efficiently in the kitchen.
- I. Understand kitchen and food safety procedures.
- J. Demonstrate proper tablesetting according to prevailing rules of etiquette.
- K. Demonstrate proper table manners according to prevailing rules of etiquette.
- L. Use time management skills in preparing foods.
- M. Analyze the factors that affect food choices.
- N. Explain the use of the Food Guide Pyramid in daily diets.
- O. Interpret the Dietary Guidelines for Americans.
- P. Evaluate the components of a healthy diet.
- Q. Identify and interpret the parts of a nutrition label.
- R. Describe nutritious and efficient grocery shopping strategies.
- S. Explain food purchasing and storage strategies.
- T. Differentiate the functions of basic ingredients in recipes.

- U. Outline the basics of microwave cooking.
- V. Identify the different forms of a variety of foods.
- W. Evaluate a variety of careers in the food industry.
- X. Compare and evaluate a variety of foods and recipes.
- Y. Demonstrate effective teamwork in preparing foods.
- Z. Identify additives used in foods.

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II. Content

Major Areas of Study

List all units of study below:

<u>Unit</u>	<u>Estimated Time</u>	<u>Materials</u>
1. Food Choices	9 class periods	handouts, textbooks, lab ingredients & equipment, videos, overhead projector & transparencies, reference materials, posters, & other visual materials
2. Basic Kitchen Skills	7 class periods	handouts, textbooks, lab ingredients & equipment, overhead projector & transparencies, other visual materials, game materials
3. Consumer Decisions	11 class periods	handouts, textbooks, lab ingredients & equipment, videos, overhead projector & transparencies, other visual materials
4. Basic Food Preparation: Fruits, Vegetables, Dairy Products, and Quick Breads	17 class periods	handouts, textbooks, lab ingredients & equipment, videos,

		overhead projector & transparencies, other visual materials
5. Career Opportunitites	2 class periods	handouts, textbooks, lab ingredients & equipment, overhead projector & transparencies, other visual materials

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Name of Course: Basic Foods

Name of Unit: Food Choices

Essential Question for the Unit: Are we affected by our food choices?

Unit Objectives/EQs	Priority	Aligned to Course Standard	Aligned to PA Standard
A. What needs are met through food?	I	M	11.3.6.C
B. What factors influence food choices?	I	M	11.3.6.C
C. What are the the dietary guidelines?	E	O	11.3.6.D
D. How does each dietary guideline contribute to optimal health?	E	O, P	11.3.9.D
E. What are the components of the food guide pyramid?	E	N	11.3.3.D
F. How is a nutrition label interpreted?	E	Q, P	11.3.9.F
G,			
H.			
I.			
J.			

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Name of Course: Basic Foods

Name of Unit: Basic Kitchen Skills

Essential Question for the Unit: How important are food preparation techniques?

Unit Objectives/EQs	Priority	Aligned to Course Standard	Aligned to PA Standard
A. Which utensils and appliances are used to accomplish specific tasks in the kitchen?	E	A	11.3.6.F
B. How is a recipe selected and interpreted?	E	E, F	11.3.6.F
C. Which cooking method is appropriate for preparing foods?	E	G	11.3.6.F
D. What is the definition of various cooking terms?	E	C	11.3.6.F
E. What safe food-handling procedures are to be followed in order to prevent foodborne illness and spoilage?	E	H, I	11.3.6.B
F. What are the safe kitchen practices in order to prevent injuries?	E	H, I	11.3.6.F
G. What are the basic measuring techniques and equipment used in preparing foods?	E	B	11.3.6.F
H. What is proper etiquette in regard to table setting and manners?	I	J, K	11.3.6.F
I. What are the common equivalents used in measuring?	I	D	11.3.6.F
J. What are the proper abbreviations commonly used in recipes?	E	E	11.3.6.F

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Name of Course: Basic Foods

Name of Unit: Consumer Decisions

Essential Question for the Unit: What is a wise consumer?

Unit Objectives/EQs	Priority	Aligned to Course Standard	Aligned to PA Standard
A. What are the factors that influence food costs?	C	R	11.3.9.A
B. How can label information on food products be used to guide purchasing decisions?	I	Q	11.3.9.A
C. What is the proper storage procedure of various foods?	C	S	11.3.6.B
D. What are the purposes of food additives?	I	Z	11.3.9.A
E. What are the pros and cons of convenience foods?	I	X	11.3.9.F
F. What are the techniques used in microwave cooking?	I	U, X	11.3.9.F
G. What are the benefits and limitations of microwave cooking?	I	L	11.3.9.F
H.			
I.			

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Name of Course: Basic Foods

Name of Unit: Basic Food Preparation: Fruits, Vegetables, Dairy Products, and Quick Breads

Essential Question for the Unit: How important are selection, storage and food preparation methods?

Unit Objectives/EQs	Priority	Aligned to Course Standard	Aligned to PA Standard
A. What are the principles of selecting, storing, and preparing fruits?	C	S, V, X, Y	11.3.6.F
B. What are the principles of selecting, storing, and preparing vegetables?	C	S, V, X, Y	11.3.6.F
C. What are the principles of selecting, storing, and preparing dairy products?	C	S, V, X, Y	11.3.6.F
D. What are the principles of selecting, storing, and preparing quick breads?	C	S, T, V, X, Y	11.3.6.F
E.			
F.			
G.			
H.			

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Name of Course: Basic Foods

Name of Unit: Food Related Careers

Essential Question for the Unit: How important to me are food industry careers?

Unit Objectives/EQs	Priority	Aligned to Course Standard	Aligned to PA Standard
A. What are some food related careers?	E	W	
B. What are the pros and cons of various food related careers?	E	W	
C.			
D.			
E.			
F.			
G.			
H.			

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III. Course Assessments

Check types of assessments to be used in the teaching of the course.
(Provide examples of each type.)

- | | |
|--|---|
| <input checked="" type="checkbox"/> Objective Tests/Quizzes
<input type="checkbox"/> Constructed Responses
<input type="checkbox"/> Essays
<input type="checkbox"/> Reports
<input type="checkbox"/> Projects
<input type="checkbox"/> Portfolios
<input type="checkbox"/> Presentations
<input type="checkbox"/> Performance tasks
<input checked="" type="checkbox"/> Food Lab Evaluations | <input type="checkbox"/> Response Journals
<input type="checkbox"/> Logs
<input type="checkbox"/> Computer Simulations
<input type="checkbox"/> Research Papers
<input type="checkbox"/> Class Participation
<input type="checkbox"/> Notetaking
<input type="checkbox"/> Daily Assignments
<input type="checkbox"/> Writing Samples |
|--|---|

Provide copies of common assessments that will be utilized for all students taking this course. Overall course/grade level standards will be measured by a common course assessment. Unit objectives will be measured on an ongoing basis as needed by the classroom teacher to assess learning and plan for instruction. List common assessments below and recommended date/time frame for administration (at least quarterly).

Name of Assessment	When given?
1. Objective Tests/Quizzes	Tests - 3 times during marking period; quizzes – periodically throughout
2. Food Lab Evaluations	1-2x per week throughout marking period
3.	
4.	
5.	
6.	

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IV. Expected levels of achievement

Current grading scale:

A = 92%-100%

B = 83%-91%

C = 74%-82%

D = 65%-73%

F = 64% and below

PA Proficiency Levels
Advanced Proficient
Basic Below Basic

Attach rubrics, checklists, or other documentation noting how levels of proficiency will be determined for common assessments. The following scoring documents have been developed for this course: