Blackhawk School District

CURRICULUM

Course Title: Intro to Foods

Course Number: 1109

Grade Level(s): 9th and 10th

Periods Per Week: 5
Length of Period: 40
Length of Course: 90

Credits: .5

Faculty Author(s): Megan Bailey, Betty Krestel, Shannon Parish

Date: May 2008; Revised May '09

COURSE DESCRIPTION:

Step up from the culinary skills you learned in related arts. Practice more in-depth food preparation techniques with a wider range of recipes and work with many different kitchen appliances to help cultivate independent food preparation skills. This course is offered to interested students in 9^{th} or 10^{th} grade.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	OBJECTIVES (PA standard)	PROPOSED TIME	RESOURCES	LESSON REFLECTION (for future revisions)
I. Pre-lab procedures A. Introductory Activity B. Lab procedures	Students will incorporate RA strategies, as applicable	13 days	Teacher made resources	
C. Kitchen Centers D. Kitchen Responsibilities E. Table setting F. Group organization	Balancing Work, Family, and Community Responsibility 11.2.12.C Analyze teamwork and leadership skills			
RA – Students will read and underline talking to the text about table settings.	and their application in various family and work situations 11.2.12.H Evaluate the effectiveness of using interpersonal communication skills to resolve			
text doods there settings.	conflict. Students will identify the location of items in the kitchen.			
	Students will organize for labs with lab procedures and kitchen responsibilities.			
	Food Science and Nutrition 11.3.12 Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan			
	Students will practice methods of table setting.			

II. Measuring A. Measuring equipment B. Types of ingredients C. Methods of measuring D. Food / Store equivalents E. Abbreviations F. Teacher demonstration of measuring G. Student demonstration of measuring H. Recipe preparation with measuring techniques RA – Students will re-read recipe and prepare questions or comments prior to every lab for the class. Students will prepare a recipe using measuring Teacher made resources Teat Guide to Good Food Chapter 12 CD- Power point presentation: Kitchen Math: and measuring Video: Kitchen Math: measuring Video: Kitchen Math: measuring Students will prepare a recipe using measuring Students will prepare a recipe using measuring Teacher made resources Text Guide to Good Food Chapter 12 CD- Power point presentation: Kitchen Math: measuring Video: Kitchen Math: measuring Students will prepare a recipe using measuring techniques.				T	
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questions or comments prior to every lab for the class. Identify abbreviations and equivalents used in food preparation. Students will prepare a recipe using measuring	RA – Students will re-read	method of measuring.		measuring	
prior to every lab for the class. Students will prepare a recipe using measuring	recipe and prepare				
class. Students will prepare a recipe using measuring	questions or comments	Identify abbreviations and equivalents used in food			
Students will prepare a recipe using measuring	prior to every lab for the	preparation.			
	class.				
techniques.		Students will prepare a recipe using measuring			
		techniques.			

II. Large and small	Students will incorporate RA strategies, as applicable	25 days	Text: Guide to	
appliances			Good Food	
	Food Science and Nutrition		Chapter 8	
			Appliance Use	
	11.3.12 Evaluate the application of nutrition and		and Care	
	meal planning principles in the selection, planning,		booklet for all	
	preparation, and serving of meals that meet the		appliances	
	specific nutritional needs of individuals across their			
	lifespan			
	inespan			
	Hypothesize the effectiveness of the meal			
	management principles.			
	Analyze the application of physical and chemical			
	changes that occur in food during preparation and			
	preservation.			

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A. Range top	Students will practice proper usage, safety, identify	Teacher made	
1. Safety	parts, care and cleanliness, and cooking methods and	resources	
2. Identify Parts	techniques using the range top.		
3. Care and cleanliness	The state of the s		
4. Proper usage			
5. Cooking methods	Students will prepare 1 – 3 recipes using the		
and techniques	information learned about range tops.		
6. Recipe preparation			
RA – Students will read and underline important facts in reading about the range. Students will talk to the text about each reading.			

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B. Oven	Students will practice proper usage, safety, identify	Teacher made	
1. Safety	parts, care and cleanliness, and cooking methods and	resources	
2. Identify Parts	techniques using the oven.		
	techniques using the oven.		
3. Care and cleanliness			
4. Proper usage	Students will prepare 1 – 3 recipes using the		
5. Cooking methods	information learned about oven.		
2. Cooking memous	information rearried about oven.		
and techniques			
6. Recipe preparation			
RA – Students will read			
and underline important			
facts in reading about the			
range. Students will talk			
to the text about each			
reading.			
reading.			

C D II	C 1	Teacher made	
C. Broiler	Students will practice proper usage, safety, identify	resources	
1. Safety	parts, care and cleanliness, and cooking methods and	resources	
2. Identify Parts	techniques using the		
3. Care and cleanliness	broiler.		
4. Proper usage			
5. Cooking methods	Students will prepare $1 - 3$ recipes using the		
and techniques	information learned about broiler.		
6. Recipe preparation			
o. Recipe preparation	Describe safe food handling techniques when		
RA – Students will read	broiling meats.		
	bronning meats.		
and underline important			
facts in reading about the			
range. Students will talk			
to the text about each			
reading.			

D. Mixer	Students will practice proper usage, safety, identify	Teacher	
1. Safety	parts, care and cleanliness, and mixer methods and	made	
2. Identify Parts	techniques using the mixer.	resources	
3. Care and cleanliness	teeninques using the mixer.		
	Standards 11 1 2 1 2 1 1 1		
4. Proper usage	Students will prepare 1 – 3 recipes using the		
5. Mixer methods and	information learned about mixer.		
techniques			
6. Recipe preparation			

E. Microwave	11.3.12.G Analyze the relevance of scientific	Video: Zap it	
1. Safety	principles to food processing, preparation, and		
2. Identify Parts	packaging.		
3. Care and cleanliness		Teacher made	
4. Proper usage	11.3.12.A Analyze how food engineering and	resources	
5. Mixer methods and	technology trends will influence the food supply.	resources	
techniques	teemiology trends will initiative the loca supply.		
6. Recipe preparation	Students will practice proper usage, safety, identify		
o. Recipe preparation	parts, care and cleanliness, and cooking methods and		
	techniques using the microwave.		
	teeninques using the interowave.		
	Students will prepare 1 – 3 recipes using the		
	information learned about the microwave		
	information learned about the iniciowave		

III. Leavening Agents	Students will incorporate RA strategies, as applicable	12 days	Text: Guide to	
A. Leavening Gases			Good Food	
1. Types	11.3.12.G Analyze the relevance of scientific		Chapter 22	
2. Recipe preparation	principles to food processing, preparation, and			
B. Chemical Leavening	packaging.			
Agents				
1. Types	Students will prepare 1 – 3 recipes using different		Teacher made	
2. Recipe preparation	leavening agents.		resources	
RA – Create a graphic				
organizer with leavening				
gases and chemical				
leavening agents				
Town carries and carries				

IV. Quick breads	Students will incorporate RA strategies, as applicable	15 days	Text: Guide to Good Food	
A. Selecting and storing			Chapter 22	
baked products	Identify convenience forms of baked product, cost		Chapter 22	
B. Ingredients for	and storage.			
baked products			Teacher	
C. Types of quick breads	Identify ingredients and function of the ingredients.		made	
D. Mixing Methods for			resources	
baked products	Characterize types of quick breads.			
E. Food science			Videos:	
principles of	Analyze basic food preparation techniques and food-		Best of Muffins	
preparing quick	handling procedures.			
breads			Baking	
F. Preparation of			Powder Biscuits	
baked products	11.3.12.G Analyze the relevance of scientific		Discuits	
1. Soft dough	principles to food processing, preparation, and		Baking Basics:	
2. Drop batter	packaging.		Quick Breads	
3. Pour batter				
	Students will prepare 3 – 6 recipes using various			
RA- Create a Venn	methods of preparation to prepare quickbreads.			
diagram comparing and	r ran r r r r r r r r r r r r r r r r r			
contrasting biscuits and				
muffins.				

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IV. Cookies	Students will incorporate RA strategies, as applicable	13 days	Text: Guide to Good Food	
A. Kinds of Cookies			Chapter 23	
B. Cookie Ingredients	Food and Nutrition		Chapter 25	
C. Mixing Methods for				
Cookies	11.3.12.A. Analyze how food engineering and		Teacher	
D. Techniques for	technology trends will influence the food supply.		prepared	
preparing cookies			materials	
E. Pans for baking	Hypothesize the effectiveness of the use of meal			
cookies	management principles.			
F. Microwaving cookies				
G. Storing Cookies	11.3.12.G. Analyze the relevance of scientific		Video:	
H. Nutrient Contributions	principles to food processing, preparation, and		Baking Basics:	
	packaging.		Cookies	
RA – Students will identify				
purpose of ingredients,	Identify types of cookies.			
techniques, and answer two	J. J. T.			
questions using information	Identify ingredients and function of the ingredients.			
learned about cookies	The state of the second state of the second			
concerning a specific	Characterize the mixing methods and techniques used			
recipe.	to prepare cookies.			
recipe.	to prepare cookies.			
	Describe methods to use pans for baking.			
	Discuss the types of cookies best microwave and how			
	to microwave.			
	Describe the ways cookies are stored for freshness.			
	Discuss nutrient contributions for cookies.			
	Students will prepare 3 – 6 recipes using various			
	methods of preparation to prepare cookies.			