

1. FACS & FCCLA (7 Days)

- A. Student Goal:** Students will learn FCCLA history.
- B. Student Goal:** Learn the basics of FCCLA membership and competition.

Assessments/Quizzes:

<u>Daily Work/Quizzes</u>	<u>Labs</u>	<u>Tests/Projects</u>
3	-	1

2. Getting Started in the Kitchen (50 days)

- A. Student Goal:** Outline physical, social, and psychological influences on food choices.
- B. Student Goal:** Describe factors that affect the food supply.
- C. Student Goal:** Identify causes of foodborne illness.
- D. Student Goal:** Differentiate between hazards and sanitation.
- E. Student Goal:** Demonstrate the 4 main steps to food safety.
- F. Student Goal:** Identify cooking lab procedures.
- G. Student Goal:** Identify various small kitchen utensils and discuss their functions.
- H. Student Goal:** Measure liquid, dry, and moist ingredients for use in recipes.
- I. Student Goal:** Use various pieces of small kitchen equipment, cookware, and bakeware.
- J. Student Goal:** Identify abbreviations and define cooking terms used in recipes.
- K. Student Goal:** Identify healthy snack food options.
- L. Student Goal:** Follow a simple recipe to prepare a snack, sandwich, pizza or beverage.

Assessments/Quizzes:

<u>Daily Work/Quizzes</u>	<u>Labs</u>	<u>Tests/Projects</u>
10	9	1

3. Nutrition and Wellness (30 Days)

- A. Student Goal:** Name the energy nutrients, describe their functions, and list important sources of each.
- B. Student Goal:** Explain the processes of digestion, absorption, and metabolism.
- C. Student Goal:** Identify key vitamins and minerals, explain their functions, and name important sources of each.
- D. Student Goal:** Explain how to use Dietary Reference Intakes (DRIs), the Dietary Guidelines for Americans, and the MyPlate food guidance system as diet planning resources to meet daily needs.
- E. Student Goal:** Describe the types and amount of physical activity recommended to promote physical fitness for someone in your age group.
- F. Student Goal:** Examine factors that contribute to weight problems and eating disorders.
- G. Student Goal:** Describe health and development concerns that affect the nutritional needs of people in different life-cycle stages.

Assessments/Quizzes:

<u>Daily Work/Quizzes</u>	<u>Labs</u>	<u>Tests/Projects</u>
6	1	2

4. The Management of Food (7 Days)

- A. Student Goal:** Plan nutritious menus using meal patterns based on MyPlate.
- B. Student Goal:** Identify factors that affect food costs and comparison shop to decide what foods to buy.
- C. Student Goal:** Use information on food product labels to make informed decisions about foods to buy.

Assessments/Quizzes:

<u>Daily Work/Quizzes</u>	<u>Labs</u>	<u>Tests/Projects</u>
2	1	1

5. The Preparation of Food (60 Days)

- A. Student Goal:** Demonstrate correct food preparation techniques, including nutrient retention.
Student Goal: Prepare cooked breakfast cereals, rice and pasta.
- B. Student Goal:** Prepare quick breads and yeast breads.
- C. Student Goal:** Prepare vegetables, preserving their colors, textures, flavors, and nutrients.
- D. Student Goal:** Prepare meat and poultry by moist and dry cooking methods.
- E. Student Goal:** Prepare foods made with milk, cream, cheese, and other dairy products.
- F. Student Goal:** Cook eggs by a variety of methods.
- G. Student Goal:** Prepare fruits and vegetables, preserving their colors, textures, flavors and nutrients.
- H. Student Goal:** Prepare cakes, cookies, pies, and candies.
- I. Student Goal:** Plan a social gathering and prepare food for it.

Assessments/Quizzes:

<u>Daily Work/Quizzes</u>	<u>Labs</u>	<u>Tests/Projects</u>
6	8	2

6. Foods of the World (19 days)

Assessments/Quizzes:

- A. Student Goal:** Identify geographic and climatic factors that influence the characteristic foods around different regions of the world.
- B. Student Goal:** Describe cultural factors that have affected the food customs of different countries.
- C. Student Goal:** Prepare foods native to different world regions.

<u>Daily Work/Quizzes</u>	<u>Labs</u>	<u>Tests/Projects</u>
5	3	1

7. Career Investigation (7 Days)

A. Student Goal: Students will learn about job applications, job interviews, and basic resumes.

B. Student Goal: Students will learn about salary, experience, and education requirements for FNW careers.

Assessments/Quizzes:

<u>Daily Work/Quizzes</u>	<u>Labs</u>	<u>Tests/Projects</u>
3	-	1