

Wallenpaupack Area School District

Wallenpaupack Area High School

Course Title: Cooking for Independent Living

Length of Course: Semester – ½ Credit

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description:

Cooking for Independent Living is a course designed to give students a basic understanding of how to prepare nutritious meals for living independently in a fast-paced society. Students will learn about nutrition, the MyPlate food guidance system, meal planning, food safety, and consumerism. Food labs are integrated throughout the course and will provide information on how to prepare food correctly, use proper sanitation, and use energy and time-saving cooking methods which include casseroles, slow cooking, and meals in minutes, as well as learning how to utilize freezing methods and preserve leftovers. Students who wish to further their study may enroll in Foods or apply to the Culinary Arts Career & Technical Program.

Pennsylvania State Standards:

This program offers the curriculum framework as prescribed by the *Pennsylvania Academic Standards for Family and Consumer Sciences*.

Core Curriculum:

Course Objectives:

This course prepares students to improve their health and wellness through the use of hands-on cooking activities as well as introducing them on an introductory level to the spectrum of topics related to foods including kitchen management and organization, food safety and foodborne illness, meal planning for the individual and family, being a smart shopper, nutrition, and energy and time-saving cooking methods.

Students will learn how to manage and organize kitchen operations as demonstrated by the ability to:

- Accurately measure recipe ingredients.
- Properly store food ingredients.
- Correctly operate small appliances.
- Organize kitchen duties and work as a team in preparing recipes.

Students will practice safe food-handling guidelines and identify sources of foodborne illness as demonstrated by the ability to:

- Identify the correct internal temperatures of specific types of foods.
- List the names, sources, and prevention for the major types of foodborne illness.
- Practice safe food-handling techniques during food labs.
- Follow proper sanitation rules during food labs.
- Identify potential sources of contamination during the cooking process and state how to prevent contaminants from spreading.

Students will learn to plan meals for the individual and family as demonstrated by the ability to:

- State the advantages and disadvantages of using convenience foods in cooking.
- Evaluate the cost-effectiveness of using homemade foods versus buying partially prepared products.
- Determine daily calorie and food group requirements according to the MyPlate food guidance system.
- Plan meals based on the nutritional requirements of individuals based on the MyPlate system.

Students will learn how to be a smart shopper by the ability to:

- Evaluate the benefits and drawbacks of using consumer strategies for saving money such as planning meals around weekly specials, using coupons and unit pricing.
- Examine and decipher product Nutrition Fact Labels.
- Compare unit prices of similar food items.
- Make food choices based on the Nutrition Facts Label.

Students will demonstrate an understanding of basic nutritional concepts by the ability to:

- Identify the six major nutrients and their role in the body.
- Determine the basic nutritional needs of the body throughout the lifecycle.
- Discuss meal planning for individuals with special dietary needs.
- Develop methods for incorporating fruits and vegetables into every meal.

Students will learn energy and time-saving cooking methods as demonstrated by the ability to:

- Select recipes and create meal plans that meet the nutritional needs of individuals, but that have limited resources such as: time, space, skills, and tools.

Major Activities to Support Course Objectives:

Student Responsibilities:

Attendance expectations:

Attendance is central to your success in this class. Due to the hands-on nature of this class, the coursework is completed during the class period; therefore, any absence will result in the student missing work which must be completed. Cooking labs are unable to be made-up with another cooking assignment; therefore, a student will be given an alternate reading/writing assignment to be completed in place of the missed lab.

Homework expectations:

Homework is generally not assigned in this class due to the hands-on nature of the course. If homework is assigned, students are expected to complete the homework and submit it within the time frame allotted.

Make-Up Work:

Food labs cannot be made up by participating in an extra food lab. Food labs may be made up by completing a make-up assignment that must be turned in within the amount of days provided per the student handbook; it will be the student's responsibility to request the make-up assignment unless other arrangements are made.

Late Work:

Penalties for late assignments will be determined on a case-by-case basis. Once a classwork/homework assignment has been reviewed in class, no credit will be awarded unless other arrangements have been made.

Assessment:

Grading Components:

Grading Category Weights are as follows:

Classwork/Homework	30%
Food Labs	30%
Tests/Projects	40%

Content Pacing Guide:

Topic	Major Assignments	Estimated Time
Identifying and Using Measuring Equipment	View "Kitchen Fundamentals" DVD and complete worksheet; complete small equipment identification worksheet; practice measuring ingredients	4 blocks; Ongoing
Reading and Understanding a Recipe	Discuss food preparation and cooking terms; read and analyze recipes; view Kitchen Math DVD and complete worksheet	2 blocks; Ongoing
Using and Maintaining Small Appliances	Operate small appliances during food labs and properly store after usage	1 block; Ongoing
Teamwork and Communication	Teambuilding activities	1 block; Ongoing
Kitchen Sanitation Rules	View Food Safety PowerPoint presentation	2 blocks
Developing a Market Order	Practice completing a market order; complete market orders for all food labs during the semester	1 block; Ongoing
Safe Food-handling Guidelines	Complete food safety worksheets; view "Dr. X and the Quest for Food Safety" video and complete viewing guide; practice safe food-handling guidelines during food labs	4 blocks; Ongoing
Foodborne Illness	View Foodborne Illness PowerPoint and complete a foodborne illness chart	2 blocks
Planning Nutritional Meals	View Nutrition PowerPoint presentation; nutrition worksheets; food labs	2 blocks; Ongoing
Using the MyPlate Food Guidance System	Internet exploration of the www.choosemyplate.gov website and complete an online scavenger hunt	2 blocks
The Nutrition Facts Label	Nutrition Label scavenger hunt; food product Nutrition Facts Label evaluations	2 blocks
Nutritional Requirements Throughout the Lifecycle	"Vending Machine Dilemmas"; view video and discuss	2 blocks
Learning to be a Wise Consumer	View the Smart Shopping PowerPoint presentation; read grocery store weekly circulars, discuss sales and coupons	2 blocks
Convenience versus Homemade Foods	Convenience versus Homemade Foods PowerPoint presentation; view "Meals in Minutes: Wrap and Roll" video; food lab	2 blocks
Slow-cooking Method	Class discussion; recipe selection; informational packet	2 blocks
One-dish Meals	Class discussion; recipe selection; informational packet	2 blocks
Using the Microwave	Class discussion; recipe selection; informational packet	2 blocks