

Wallenpaupack Area School District

COURSE: Foods

GRADE LEVEL: 9th -12th

LENGTH OF COURSE: 18 weeks /84 Blocks/One Semester

TEXT: Guide to Good Food

PUBLISHER: The Goodheart –Wilcox Company

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COURSE DESCRIPTION:

Foods is a course designed to give students an overview of how food impacts everyday life. Students learn about the study of nutrition, the applications of the MyPlate food guidance system, meal planning, eating styles, consumerism, as well as food-service related career options. Hands-on cooking experience is gained through food labs which are integrated throughout the course. Students will learn basic cooking techniques and preparation methods while incorporating the principles of safe food-handling and proper sanitation. Students will also gain a multicultural perspective of food as they study the culture and cuisine of foreign countries; meals from those countries will be prepared. Foods is recommended for any student interested in learning how to prepare food for themselves or a family. Students interested in furthering their study of food may use the successful completion of this course as entry into the Culinary Arts Career & Technical program.

CURRICULUM WRITING TEAM: Krautter/McCormick

DATE OF REVISION: January 2016

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Food Safety and Sanitation

PA Standards: 11.3.9.B

11.3.12.B

Topics:	Skills:
<ul style="list-style-type: none">• Food Borne illness prevention• Organic verses pesticides• Proper food handling and kitchen sanitation• Food borne illnesses and prevention	<ul style="list-style-type: none">• The students will recognize the duties of the FDA and resources available to the community for protection against food borne illnesses.• The students will weigh the benefits and risks of substances in or on food (pesticides, animal drugs, organic etc.)• The students will recognize and practice proper food handling kitchen sanitation in order to prevent food contamination.• The students will identify common food borne illnesses and their sources and symptoms in the body.
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Food Safety & Sanitary Practices Video• Serv Safe DVD Series• Examine food-borne pathogens• Text and student activity for sanitation• Food safety activity sheets and puzzles	<ul style="list-style-type: none">• Lab Rubric• Cooperative Group Evaluation• Class Participation• Tests

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Course: Foods

Grade Level: 9th-12th

Unit: Lab Procedures

PA Standards: 11.2.12.B

Topics:	Skills:
<ul style="list-style-type: none">• Proper measuring and Cooking Techniques• Recipe analysis• Kitchen equipment and usage• Market Orders and Job Schedules• Cooking Labs	<ul style="list-style-type: none">• The students will observe proper measuring and cooking techniques through teacher demonstration• The students will choose recipes throughout the course to prepare and analyze using cookbooks and internet.• The students will learn cooking equipment and proper usage by "hands on" kitchen experience.• The students will learn how to fill out market orders and lab job schedules.• The students will prepare various recipes using all of the above techniques.
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Teacher demonstrations• Activity sheets and puzzles• Food Term Video• "Hands-on" Cooking Labs	<ul style="list-style-type: none">• Class Participation Grade• Cooperative Group Evaluation• Quizzes• Tests• Laboratory Grades

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Eating Styles

PA Standards: 11.1.12.G

11.3.9.C/D/E, 11.3.12.D

Topics:	Skills:
<ul style="list-style-type: none"> • Eating disorders • Diet, exercise and healthy lifestyles • Healthy diets • Heredity, diet and effects on the body. 	<ul style="list-style-type: none"> • The student will identify the causes, sign and symptoms of eating disorders. • The students will identify services available to assist those with eating disorders. • The students examine energy and nutrient requirements for males and females throughout a life span. • The students will recognize the components of healthy weight managements and lifestyles. • The students will identify and discuss benefits of a healthy diet coupled with exercise. • The students will distinguish the relationship between diet and disease and risk factors including heredity.
Activities:	Performance Assessments:
<ul style="list-style-type: none"> • Menu planning for low fat, high fiber, vegetarian and other healthy food choices. • Group discussions • Lecture/notes • Videos" A Secret Between Friends" and "For the Love of Tracy" comparison writing assignment • Text terms, questions and activity sheets. • Food Labs 	<ul style="list-style-type: none"> • Lab Rubrics • Cooperative Group Evaluation • Class Participation Grade • Quiz • Contrast and Comparison Assignment (Eating disorders)

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Consumerism

PA Standards: 11.1.9.D/F,
11.1.12.D/F/G
11.3.12.C

<p>Topics:</p> <ul style="list-style-type: none"> • Food Product Evaluation • Unit Pricing • Consumer rights and responsibilities • Food Assistance Programs • Food product labels • Nutrient Dense Foods 	<p>Skills:</p> <ul style="list-style-type: none"> • The students will compare and contrast brand name, store brand and special dietary products based on cost appearance, availability, cost, etc. • The students will determine how to make wise consumer choices when purchasing food and household items. • The students will evaluate the role of the FDA and consumer rights and responsibilities when quality is not up to standard. • The student will identify programs available to consumers for food assistance. • The student will decipher food labels, nutrition panels and unit pricing labels.
<p>Activities:</p> <ul style="list-style-type: none"> • Text terms, activity sheets and questions • Compare and contrast various foods in cooking labs • Notes and discussions • Puzzles and study guides • Unit Pricing calculations 	<p>Performance Assessments:</p> <ul style="list-style-type: none"> • Lab Rubric • Cooperative Group Evaluation • Class Participation Grade • Consumerism Test

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Nutrition/MyPlate

PA Standards: 11.2.12.C
11.3.9.A/D/F, 11.3.12.D/E/F

Topics: <ul style="list-style-type: none">• MyPlate Food Guide• Basic Nutrition• Nutrient Fortification• Nutritional Needs throughout the life span• Creating nutritionally balanced meals	Skills: <ul style="list-style-type: none">• The students will be able to identify the parts of the MyPlate food guide• The students will be able understand basic nutrition concepts.• The students will create a balanced meal using the MyPlate guidelines.• The students will plan and create meals for various nutritional needs and ages.
Activities: <ul style="list-style-type: none">• Follow text and student activity guide• Food labs• Discussions and brainstorming• MyPlate meal plan and lab experience• Activity sheets and word puzzles• Exploration of the ChooseMyPlate.gov website	Performance Assessments: <ul style="list-style-type: none">• Lab Rubrics• Class Participation Grade• Cooperative MyPlate Meal Plan Evaluation• Nutrition Test

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Careers

PA Standards: 11.2.12.B

Topics:	Skills:
<ul style="list-style-type: none">• Foods related careers• Education requirements• Work and home responsibilities	<ul style="list-style-type: none">• The students will recognize and explain the roles and skills necessary for food related careers.• The students will discuss the educational requirements of food related careers.• The student will discuss ways to integrate home and work responsibilities
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Career videos• Text information on careers• Discussions and activity sheets	<ul style="list-style-type: none">• Class Participation• Compare and Contrast Assignment (Advantages and disadvantages of careers in FCS)

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Multicultural Foods

PA Standards: 11.3.9.F
11.3.12.A/C

<p>Topics:</p> <ul style="list-style-type: none"> • Foods from Around the World-United States and Foreign countries • Differences and similarities in differing countries, compare and contrast- <ul style="list-style-type: none"> ○ Culture ○ Geography ○ Cuisine ○ Nutritional Value ○ Key Terms ○ Recipes 	<p>Skills:</p> <ul style="list-style-type: none"> • The students will work in groups or individually to research a country's culture and cuisine. • The student will utilize various research techniques including library, internet, interview and numerous other resource materials for the report. • The student will create a PowerPoint presentation or write a research report on their country. • The student will conduct an oral presentation of their country to the class (PowerPoint or oral report.) • The student will facilitate the lab experience for their country with the class.
<p>Activities:</p> <ul style="list-style-type: none"> • Choose and research a foreign country's culture and food habits. • Project: PowerPoint Presentation or written research report, poster, worksheets, educational game, recipes and oral presentation for chosen country • Food labs based on countries presented • Follow text and activity guide • Activity sheets and puzzles • Videos on countries presented 	<p>Performance Assessments:</p> <ul style="list-style-type: none"> • Foreign Country Project Rubric • Lab Rubrics • Cooperative Group Evaluation • Tests