

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 the study of nutrition and the food guide pyramid as related to everyday eating patterns. The student will study diets, meal planning, food purchasing, advanced food preparation, and research and prepare foods from the regional United States and foreign countries. Labs for preparation of food are included. Foods is recommended for any student who will be planning, purchasing foods for himself or a family.

CURRICULUM WRITING TEAM:

Jane McCormick

DATE OF REVISION:

2007

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Food Safety and Sanitation

PA Standards: 11.3.12

Topics:	Skills:
Food Borne illness prevention Organic verses pesticides Proper food handling and kitchen sanitation Food borne illnesses and prevention	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, their sources and symptoms in the body.
Activities:	Performance Assessments:
Food Safety & Sanitary Practices Video Serv Safe DVD Series Examine food-borne pathogens from Fight Bac Website Food safety project Food Safety Experiment: Growing Cultures Text and student activity for sanitation Food safety worksheets and puzzles	Lab Rubric Cooperative group evaluation Project Class participation grade Tests

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Lab Procedures

PA Standards: 11.2.12

Topics:	Skills:
Proper measuring and Cooking Techniques Recipe analysis Kitchen equipment and usage Market Orders and Job Schedules Cooking Labs	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:
Teacher demonstrations Worksheets and puzzles Food Term Video "Hands on Cooking Labs"	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: 11.1.12,11.3.12

Topics:	Skills:
<p>Eating disorders Diet, exercise and healthy lifestyles Healthy diets Heredity, diet and effects on the body.</p>	<p>The student will identify the causes, sign and symptoms of eating disorders. The student will identify community resources available to those with eating disorders. The students will list different types of exercise and analyze the energy expended and health benefits of exercise. The students will compare and contrast both "fad" and healthy diets including the vegetarian diet. The students will recognize the components of healthy weight managements and lifestyles. The students will identify and discuss benefits oh a healthy diet. The students will explain how heredity and an unhealthy diet can effect the body.</p>
Activities:	Performance Assessments:
<p>Food labs and 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 Dietician guest speaker Oprah Video on Weight Management Text terms, worksheets and questions.</p>	<p>Lab rubrics Cooperative Group Evaluation Class Participation Grade Quiz Writing Comparison Assignment</p>

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Consumerism

PA Standards: 11.1.12
11.2.12
11.3.12

Topics:	Skills:
<p>Food Product Evaluation Unit pricing Consumer rights and responsibilities Food Assistance Programs Food labels and Nutrition Panels Functional Foods</p>	<p>The students will compare and contrast brand name, store brand and special dietary products based on cost appearance, availability, cost, etc. The students will understand how to make wise consumer choices when purchasing food and household items. The students will evaluate the role of the 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 Learn how to understand food labels and nutrition panels. The student will Evaluate and discuss functional and antioxidant foods.</p>
Activities:	Performance Assessments:
<p>Text terms, worksheets and questions Compare and contrast various foods in cooking labs Notes and discussions Oprah video on Advertising Dairy Council Label Ease Program Puzzles and study guides Unit Pricing Project</p>	<p>Class Participation Grade Project Rubric Grade Lab Rubric Test</p>

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Nutrition/Food Guide Pyramid

PA Standards: 11.2.12
11.4.12

Topics:	Skills:
<p>Food Guide Pyramid Basic Nutrition Nutritional Needs throughout the life span Special child nutritional Needs Chemical properties of foods</p>	<p>The students will be able to identify the parts of the Food Guide Pyramid The students will be able understand basic nutrition concepts. The students will list and understand food group servings for males and females throughout the life span. The students will plan and create meals for various nutritional needs and ages. The students will look specifically at child meal planning based on the food guide pyramid, developmental stages of the child and creativity needed in interest children in healthy food choices. The students will complete food science experiments that identify chemical reactions and properties of food found in different food groups.</p>
Activities:	Performance Assessments:
<p>Follow text and student activity guide Food labs and experiments Discussions and brainstorming Group child nutrition project and lab experience Worksheets and word puzzles Food Guide Pyramid Labs</p>	<p>Lab Rubrics Class Participation Grade Cooperative Group Project Evaluation Test Experiment lab report</p>

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Careers

PA Standards: 11.2.12

Topics:	Skills:
Foods related careers Education requirements	The students will recognize and explain the roles and abilities of food related careers. The students will discuss the educational requirements of food related careers.
Activities:	Performance Assessments:
Guest speakers on foods careers Career videos Occupational handbook and text information on careers Discussions and worksheets	Class Participation Essay on career

Wallenpaupack Area School District

Course: Foods

Grade Level: 9th-12th

Unit: Multicultural Foods

PA Standards: 11.1.12
11.2.12
11.3.12

<p>Topics:</p> <p>United States and Foreign country food and cultures Differences and similarities of food and culture in differing countries</p>	<p>Skills:</p> <p>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 write a research report on their country. The student will present and teach their country to the class The student will facilitate the lab experience for their country with the class.</p>
<p>Activities:</p> <p>Choose and research a foreign country's culture and food habits. Written research report, poster, worksheets ,recipes and oral presentation for chosen country Food labs based on countries presented Follow text and activity guide Worksheets and puzzles Videos on countries presented</p>	<p>Performance Assessments:</p> <p>Project and Research Report Rubric Lab Rubrics Cooperative Group Evaluation Tests</p>