

## ***Food Preparation and Production*** ***CIP: 19.050111***

### **Big Idea:**

Food preparation fundamentals form the foundation of culinary arts.

### **Enduring Understandings:**

1. Following standard procedures yields successful results.
2. Food groups form the basis of good food choices.
3. Safety is my responsibility.

### **Essential Questions**

1. Why meet standards?
2. Is this safe?
3. What types of food choices lead to healthy eating?
4. Is measuring still a useful skill?
5. Am I responsible if a customer gets sick?

### **Standards Statement:**

- Demonstrate nutrition and wellness practices that enhance individual and family well-being  
*FNW 1*
- Analyze factors that influence dietary and wellness practices across the life span *FNW 1.1*
- Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span *FNW 1.2*
- Evaluate factors that affect food safety, from production through consumption *FNW 1.4*
- Integrate knowledge, skills, and practices required for careers in food production, food distribution, food services, food science, nutrition, dietetics, and hospitality, tourism and recreation *FNW 2*
- Evaluate interest, identify, and explore career opportunities in food, nutrition, and wellness  
*FNW 2.1*
- Demonstrate the principles of nutrition and food preparation to meet customer/client needs  
*FNW 2.2*
- Demonstrate the use of current technology as it relates to the food and hospitality industries  
*FNW 2.3*
- Demonstrate the selection, use, and maintenance of equipment required within the industries  
*FNW 2.5*
- Demonstrate procedures applied to safety, sanitation, security, and environmental issues  
*FNW 2.6*

## **Course Description:**

This is the introductory course designed to train and prepare students for a career in the Food Industry. Students will study nutrition and the basic skills and knowledge used to prepare foods for a healthy lifestyle. Students will identify and use equipment and terminology to perform entry-level tasks in the kitchen. Students will practice the proper procedures for working in a laboratory and adopt skills that are transferable to a diverse workplace. Students will work independently and in groups in a laboratory setting to prepare nutritious foods while demonstrating acceptable work ethics such as following instructions, teamwork for supervisory/co-worker relations, customer service, social acceptance, honesty, dependability, good communication. Continuous emphasis will be placed on nutrition, safety, sanitation, and technology in the classroom and laboratory. Through the application of food laboratory projects and the incorporating of academics students will be able to see the relevance and relationship of reading, writing, math and science to a successful Food Industry career.

## **Course Goals:**

Students will have a strong understanding of food preparation as well as safe food handling practices.

## **Course Objectives:**

- Practice safety and sanitation when working with foods and equipment
- Organize work area to maintain a safe working environment
- Practice good co-workers/superior relations
- Demonstrate good customer relations
- Demonstrate proper handling, use, and storage of knives
- Identify and properly use of cooking equipment
- Correct math calculations for proper measuring and food preparation
- Read, interpret, and prepare a standardized recipe
- Identify careers in the Food Service Industry
- Demonstrate quality control
- Using technology, explore the Food Industry

<i>Course Outline</i>	<i>CTE Knowledge &amp; Skill Reference</i>	<i>Academic Standards</i>	<i>Resources</i>
<b>Food in your Life</b> 1) wellness and food choices 2) enjoying food 3) a world of diversity 4) the food supply	FNW 1.1.2	Eng Lang 1, 2, 3 Health Nut 1, 2, 4	
<b>Nutrition for Health</b> a) nutrients and energy b) getting and using nutrients c) eating the dietary guidelines way d) building your nutrient pyramid e) lifelong nutrition f) special health concerns g) nutrition for teen years	FNW 1.2.1, FNW 1.2.2, FNW 1.2.3  FNW 1	Eng Lang 1, 2, 3	
<b>Making Food Choices</b> a) sorting out the facts b) purchasing decisions c) food preparation choices d) vegetarian choices	FNW 2.7.3	Eng Lang 1, 2, 3	
<b>Preparing Food Safely</b> a) food-borne illnesses and prevention b) microorganisms c) how food is contaminated	FNW 1.4.1, FNW 1.4.2 FNW 2.6.2	Eng Lang 1, 2, 3	
<b>Accurate Measuring and Reading Recipes</b> a) read and interpret recipes b) assemble ingredients: mise en place c) identify recipe terminology d) identify parts of a recipe e) accurately use dry and liquid measurement f) increase and decrease a recipe g) recipe ingredient substitution	FNW 2.2.1 FNW 2.4.3 FNW 2.3 FNW 2.3.1; FNW 2.7.5	Eng Lang 1, 2, 3	

<ul style="list-style-type: none"> <li>h) adjust recipes for various yields</li> <li>i) describe management skills for working efficiently in the kitchen</li> </ul>	FNW 2.4.2; FNW 1.3.3; FNW 2.5.2		
<b>Serving Food Safely</b> <ul style="list-style-type: none"> <li>a) temperature</li> </ul>	FNW 1.4.1; FNW 1.4.2; FNW 2.6; FNW 2.6.2	AgriScience 6; Health 5	
<b>The Science of Preparing Food</b> <ul style="list-style-type: none"> <li>a) heat and cooking</li> <li>b) grain products</li> <li>c) vegetables and fruits</li> <li>d) dairy products</li> <li>e) meat, poultry, and fish</li> <li>f) eggs</li> <li>g) salads</li> <li>h) thickened foods</li> <li>i) baking</li> </ul>	FNW 2.3.1 and FNW 2.7.5	Science 6; Health 5; AgriScience 1, 2, 3	
<b>The Art of Preparing Food</b> <ul style="list-style-type: none"> <li>a) meals with appeal</li> <li>b) creative cooking</li> <li>c) easy entertaining</li> <li>d) plate presentation</li> </ul>	FNW 1.3 and FNW 2.21 FNW 2.23	Eng/Lang Arts 1, 2, 3 Math 1, 4	
<b>Bread, Cereal, Rice, and Pasta</b> <ul style="list-style-type: none"> <li>a) identifying and purchasing grain products</li> <li>b) storing grain products</li> <li>c) preparing grain products</li> </ul>	FNW 2.21	Eng/Lang 1, 2, 3 AgriScience	
<b>Vegetables</b> <ul style="list-style-type: none"> <li>a) identifying and purchasing vegetables</li> <li>b) storing vegetables</li> <li>c) preparing vegetables</li> <li>d) using vegetables as garnishes</li> </ul>	FNW 2.21	Eng/Lang 1, 2, 3 AgriScience	
<b>Fruits</b> <ul style="list-style-type: none"> <li>1) identifying and purchasing fruit</li> <li>2) storing fruit</li> </ul>	FNW 2.21	Eng/Lang 1, 2, 3 AgriScience	

3) preparing fruit			
<b>Milk, Yogurt, and Cheese</b> a) identifying and purchasing milk and cheese products b) storing dairy foods c) preparing foods using dairy products	FNW 2.21	Eng/Lang 1, 2, 3 AgriScience FST 5	
<b>Meat, Poultry, Fish and Other Protein Rich Foods</b> a) identify types of meat, poultry, fish and protein rich foods b) shopping for meat, poultry and fish: date, label, quality, lean meat and freshness c) planning and preparing meat, poultry, fish, eggs, beans and nuts	FNW 2.21	Eng/Lang 1, 2, 3 AgriScience FST 5	
<b>Salads:</b> a) identify various types of salads b) salad components c) salad dressings d) storing salads e) nutritional benefits of salads	FNW 1.22; FNW 2.21 FNW 1.31; FNW 1.35	Eng/Lang 1, 2, 3 Health 1, 24	
<b>Soups and Stews:</b> a) identify typical ingredients used to prepare rich soups and stews b) describe different kinds of soups and stews c) identify nutrients and variety in soups and stews d) storing soup and stews	FNW 1.21 and FNW 1.2.2	Eng/Lang 1, 2, 3 Health 1, 24	
<b>Casseroles, Stir-fry and Simple Meals:</b> a) discuss the advantages of mixed dishes b) describe basic methods for making casseroles, skillet meals or stir-fry dish. c) identify the types of ingredients from the food groups in a casserole	FNW 1.21 and FNW 2.21 FNW 1.2.2 and FNW 1.3 FNW 2.2.3	Eng/Lang 1, 2, 3 Health 1, 24	

<p><b>Quick and Yeast Breads:</b></p> <ul style="list-style-type: none"> <li>a) identify basic ingredients in breads</li> <li>b) explain the differences between the quick and yeast bread</li> <li>c) identify various types of batters</li> <li>d) plan and prepare quick bread and yeast dough</li> </ul>	<p>FNW 2.21, FNW 1.3</p>	<p>AgriScience FST 3          Eng/Lang Arts 1, 2, 3          Health 3/4</p>	
<p><b>Sandwiches</b></p> <ul style="list-style-type: none"> <li>a) identify the basic breads for sandwiches</li> <li>b) identify various types of sandwiches and ingredients</li> <li>c) explain food safety guidelines for preparing, storing and packing sandwiches</li> <li>d) identify parts of a party sandwich tray</li> </ul>	<p>FNW 1.3; FNW 2.21</p>	<p>AgriScience FST 3          Eng/Lang Arts 1, 2, 3          Health 3/4</p>	
<p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>a) distinguish between various milk based desserts puddings and custard</li> <li>b) identify various types of cookies</li> <li>c) identify various types of cakes</li> <li>d) identify various types of pies</li> <li>e) identify various types of frozen desserts</li> <li>f) guideline to store various desserts</li> </ul>	<p>FNW 1.3; FNW 2.21</p>	<p>AgriScience FST 3          Eng/Lang Arts 1, 2, 3          Health 3/4</p>	
<p><b>Careers</b></p> <ul style="list-style-type: none"> <li>a) identify Food Industry careers</li> <li>b) access personal skills and aptitudes for a successful Food Industry career</li> </ul>			

## **FCCLA**

During this course students will be involved in FCCLA activities to enhance their learning. Students will participate in:

## **Resources**

## **Technology Utilization**

## **End of Course Assessment**