

Food Prep/International Cooking Curriculum

| Unit & Time Frame | FCS PA Standards | Objectives | Assessments |
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| Kitchen Safety – 5 Days Safety rules Tools and Locations Time management Job titles and duty sheet completion and scoring | 11.3.3B 11.3.9.B 11.3.12 A | Understand the safety issues working in a kitchen Identify the safety issues working in a group. List the duties needed per lab to be completed by a group To complete the task on time. Time management | Classwork Participation Worksheets Quizzes Labs Writing Assessments |
| The Food Pyramid – 10 Days Understanding the Food Pyramid Analyze a meal Read labels Critique diet Modifications Daily recommendations Exercise | 11.3.9 A – 11.3.9G 11.3.12 A – 11.3.12 G | Understand the layout of the food pyramid Critique a typical fast food meal of their choice and improve it according to dietary guidelines List ways to improve their eating and exercise habits Understand the servings of each category of the food pyramid Identify high quality foods for each category | Classwork Participation Worksheets Quizzes Labs Writing Assessments |
| Vegetables – 10 Days Daily Servings Nutrients Color/Vitamins Variety Ways to serve | 11.3.9 A – 11.3.9G 11.3.12 A – 11.3.12 G | Identify the daily recommended servings based on age Vitamins/Mineral associated with various vegetables List ways to add variety into your diet | Classwork Participation Worksheets Quizzes |

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| | | Categorize the types of vegetables according to their food component Create a rainbow on a plate Sampling lab on various types of vegetables Sampling lab on unusual vegetables | Unit Test PowerPoint's Writing Assessments |
| Fruits - 10 Days Daily Servings Nutrients Types of Fruits Ways to serve | 11.3.9 A – 11.3.9G 11.3.12 A – 11.3.12 G | Identify the daily recommended servings based on age Vitamins/Mineral associated with various fruits List ways to add variety into your diet Create ways to serve fruits in your diet Identify the fruit category based on the seed location Sampling lab on various types of fruits Sampling lab on unusual fruits | Classwork Participation Worksheets Quizzes Unit Test PowerPoint's Writing Assessments |
| Grains – 10 Days Daily Servings Nutrients Types of grains Ways to serve advantages/ Disadvantages of each grain Parts of a grain Gluten | 11.3.9 A – 11.3.9G 11.3.12 A – 11.3.12 G | Identify the daily recommended servings based on age Vitamins/Mineral associated with various grains List ways to add variety into your diet Create ways to serve grains in your diet Identify the qualifications to be listed as whole grain Sampling lab on types of breads with different grains | Classwork Participation Worksheets Quizzes Unit Test PowerPoint's |

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| Proteins–25 days Egg unit Beans Daily Servings Types of proteins Use of protein in the Body Proteins importance | 11.3.9 A – 11.3.9G 11.3.12 A – 11.3.12 G | Identify the daily recommended servings based on age Nutrients associated with various proteins List ways to add variety into your diet with different protein foods Create ways to serve proteins in your diet Identify the 9 functions of an egg Create foods to demonstrate each function of the egg Understand why the egg is called the incredible edible egg Sampling lab on types of protein foods | Classwork Participation Worksheets Quizzes Unit Test PowerPoint's Writing Assessments |
| International Cooking – 2 week Choose a country; Learn countries geographic, cultural, cooking styles, economics and ethnic influences on cooking. *Repeat 2 week cycle for the semester. | 11.3.9 A – 11.3.9G 11.3.12 A – 11.3.12 G | Choose a country Web planner on countries facts Discuss/present countries facts Sample typical food of that country Research recipes typical of the chosen country based on each kitchens meal part. Recipe review, create a grocery list for meal Cook the meal and share with the class | Classwork Participation Worksheets Quizzes Unit Test PowerPoint's Writing Assessments |

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*Note: Classroom binders contain unit lesson plans in our personal curriculum

**Note: All time frames are approximate. Additional days may need to be added.

***Note: The final exam will be a cumulative project. Students will create a meal using various ingredients they have earned through the “Chopped” review of the different countries they have explored throughout the course. The students will be graded on creativity, time management, proper techniques, cultural identification, participation and cooperation.