

**Family and Consumer Sciences
Foods and Nutrition 1B Snapshot
Mrs. Harley**

Day	Daily Learning Target	Agenda- Congruent Task	Formative Assessment
Unit 1: Safety & Sanitation			
1	<i>I can summarize the content studied and expectations required for Foods and Nutrition 1A.</i>	BR Syllabus and Expectations Parent Letter Hall Passes Index Card Get to Know You Activity	BR: What are your expectations of this course? What do you want to learn?
2	<i>I can summarize the content studied and expectations required for Foods and Nutrition 1A.</i>	BR Letter to Mrs. Harley Expectation Quiz KOSSA Tracking Sheet	BR: The foods service classes manage the casserole business in order to raise funds for foods labs in class. It is very important that this business is run efficiently so we maximize our profit. What ideas you do you have to make the business successful? Give at least three examples.
3	<i>I can summarize expectations that are to be upheld when working in the kitchen.</i>	BR Kitchen Groups Kitchen Guidelines Kitchen Cleaning Duties	BR: What are at least three rules/procedures you will be expected to follow in the foods labs?
4	<i>I can demonstrate precaution steps taken in the foods lab to prevent accidents.</i>	#1 Kitchen Safety PPT & Guided Notes #2 Signs of Safety #3 Scenarios: Preventing Kitchen Accidents (Group Activity)	

5	<i>I can explain the correct way to wash and sanitize dishes and hands.</i>	#4&5 Hand washing/ Dishwashing Lecture #6 Hand washing/ Dishwashing Review WKST How Many Hazards Can You Spot Activity	
6	<i>I can analyze the symptoms, causes, and prevention of food borne illnesses.</i>	#7 Food Bourne Illness PPT w/ Guided Notes #8 Mr. Clean Restaurant Activity	BR: Why should one use a paper towel to dry their hands instead of a cloth towel?
7	<i>I can summarize the importance of keeping a safe and sanitized work station.</i>	Guest Speaker from Health Department	BR: What are the most common sources that cause food borne illness?
8	<i>I can summarize the importance of keeping a safe and sanitized work station.</i>	#9 Food Preservation Pre-Assessment #10 Food Storage & Preservation PPT & Guided Notes Salsa Recipe	BR: What are three procedures related to personal hygiene that should be followed when preparing food?
9	<i>I can create a dish utilizing acidic ingredients.</i>	Salsa Lab #11 Mold Growth Activity	
10	<i>I can summarize the importance of keeping a safe and sanitized work station.</i>	#12 Microwave Cooking PPT & Guided Notes Microwaving Fruit Leather Recipe Microwaving Fruit Leather Lab #13 Safety and Sanitation Review	BR: Explain the process to thawing food safely.

11	<i>I can prepare a non-processed dish using a microwave.</i>	Microwave Lab #14 Kitchen Safety Quiz	BR: What are three rules one should follow when preparing food with a microwave? How can cooking with a microwave be dangerous?
Unit 2 Cooking Methods and Techniques			
12	<i>I can research the correct way to use a variety of kitchen tools and equipment.</i>	Kitchen Tools Packet	BR: Explain what “cold spots” are. Why does this occur?
13	<i>I can research the correct way to use a variety of kitchen tools and equipment.</i>	Kitchen Tools Quiz *Part 1 – Teacher holds up 10 kitchen tools, individually students write down name and use of tool *Part 2 – #1 Task at Hand – students work with partner to complete Equipment Crossword #2 Equipment Demo Project (Assign & Computer Lab to Research) aka Tasty Video	
14	<i>I can create a video presenting the correct way to use a kitchen tool.</i>	#2 Equipment Demo Project Work Time Market Orders Review/pass out abbreviations and equivalents for future quiz!	BR: What is one key thing that students should know about item you are demonstrating?
15	<i>I can use mathematics to alter a recipe.</i>	#3 Measurements Matter PPT & Guided notes #4 Flip Chart #6 Equivalencies Diagram	
16	<i>I can demonstrate how to use a variety of kitchen tools and equipment.</i>	Equipment Demo Project Lab Abbreviations and Equivalents Quiz	BR: Identify the following equivalents: 1. 1 Tbsp = ____ tsp. 2. 8 oz. = ____ cup (s) 3. 1 stick of butter = ____ cup(s)

17	<i>I can demonstrate how to double or half a recipe using correct cooking measurements.</i>	#5 Double or Half Students may choose either to double or half a recipe given to them No Bake Cookie Recipe Culinary Dictionary	BR: If a recipe calls for 4 tsp of tomato paste, how should one measure this out? What about ½ cup of butter?
18	<i>I can demonstrate the difference in measuring dry ingredients verses liquid ingredients</i>	No Bake Cookie Measurement Lab #6 Recipe Skills PPT w/ Personal Notes #7 Recipe Skills Activity	BR: Explain the difference between stir and fold-in.
19	<i>I can explain various basic cooking techniques.</i>	#8 Cooking Terms Activity #9 Memory Game Students develop a memory game with the cooking methods and definitions.	BR: What are the 3 recipe formats? Which do you feel is most user-friendly? Why?
20	<i>I can design a tool to help recall various cooking techniques.</i>	#10 Recipe Modification Quiz Complete Game Market Order	BR: What 4 customary units are often used when preparing food?
21	<i>I can recall and define various cutting and mixing techniques.</i>	Present Games Cooking Terms Quiz	BR: What is the very first thing you should do before beginning to prepare a recipe?
22	<i>I can correctly use a variety of kitchen tools.</i>	Lab	BR: Explain the difference between slice and chop.
23	<i>I can summarize topics studied during the Cooking Methods and Techniques Unit.</i>	#14 Bingo #15 T/F Quiz Crossword	BR: If a fire occurs in a skillet, what should you pour on the fire? Explain what cross contamination is.
24	<i>I can summarize topics studied during the Cooking Methods and</i>	#16 Jeopardy Review Unit Study Guide	BR: What does FATTOM mean?

	<i>Techniques Unit.</i>		
25	<i>I can summarize topics studied during the Cooking Methods and Techniques Unit.</i>	Unit Test Binder Check Recipe Check	No Bellringer – Prepare for the test
Unit 3: Food Preparation			
26	<i>I can list the basic ingredients for baking and explain their roles.</i>	#4 Baking Basics PPT & Guided Notes Copy Recipe –Baking Lab Market Order	BR: List as many essential ingredients that you can for baking.
27	<i>I can describe nutritional benefits of vegetables and identify the eight categories of vegetables.</i>	#5 Vegetables PPT & Guided Notes Vegetable Classification Chart #9 Copy Vegetable Recipe	BR: Explain three ways to properly prepare pans when making baked goods.
28	<i>I can demonstrate proper practices when baking.</i>	Baking Lab	No Bellringer
29	<i>I can describe nutritional benefits of vegetables and identify the eight categories of vegetables.</i>	#5 Vegetables PPT & Guided Notes Vegetable Classification Chart #9 Copy Vegetable Recipe	BR: Explain three ways to properly prepare pans when making baked goods.
30	<i>I can describe the nutritional benefit of fruits and identify the six major types of fruits.</i>	#6 Fruits PPT & Guided Notes #7 Three of a Kind WKST Lab Plan #8 Copy Strawberry Cheesecake Parfaits Recipe Or #8 Fruit Pizza	BR: List two examples of the following: 1. Tubers 2. Roots 3. Seeds

31	<i>I can prepare a casserole and organize a food service business.</i>	Fruit Information Flyer Fruit & Veggie Study Sheet	No Bellringer
32	<i>I can demonstrate methods of cooking and preparing fruits/vegetables.</i>	Fruit/Vegetable Lab Evaluation	No Bellringer
33	<i>I can explain the characteristics of fruits and vegetables.</i>	Fruit Scramble Fruit & Veggie Test	
34	<i>I can explain appropriate table manners in a variety of settings.</i>	#9 Place Setting Pre-Assessment #10 Etiquette & Place Setting PPT & Guided Notes #11 Place Setting PPT Exit Slip	BR: List five fruits. Beside each list what vitamin they carry.
35	<i>I can describe and identify the main types of pasta.</i>	#12 Pasta PPT & Personal Notes #13 Preparing Grains Lecture Notes Lab Plan #14 Pasta Recipe	BR: Draw a proper place setting including the following: Drink, Bread, Plate, Dessert, Napkin, Dinner Fork, Salad Fork, Spoon and Knife
36	<i>I can construct a proper table setting.</i>	#15 Pasta / Table Setting Lab	No Bellringer
37	<i>I can describe the nutritional value of eggs.</i>	#16 Egg & I PPT & Guided Notes #17 Eggs 101 Video	BR: Explain the process of how an egg is graded.
38	<i>I can identify and describe the parts of an egg.</i>	Egg Diagram Lab Plan #18 Crepe Recipe	BR: Explain the process your egg went through in order to become solid. What is the process called?
39	<i>I can demonstrate the cooking methods for egg.</i>	Crepe Lab Omelet Lab	No Bellringer

40	<i>I can demonstrate the cooking methods for eggs.</i>	Possible Quiche Lab Catch Up	BR: Draw and identify the parts of an egg.
41	<i>I can describe the nutritional benefits of dairy.</i>	#19 Dairy Brain Booster #20 Dairy PPT & Guided Notes	BR: What vitamins and minerals are found in milk?
42	<i>I can list the four different foods that come from milk.</i>	#21 Milk Comparison #22 Dairy Matching #23 Dairy & Eggs Jeopardy	BR: What are the four types of fluid milk?
43	<i>I can identify the characteristics of egg and dairy products.</i>	#24 Egg and Dairy Study Guide	
44	<i>I can identify the characteristics of egg and dairy products.</i>	Dairy Lab #25 Egg & Dairy Test #26 Egg & Dairy ORQ	
45	<i>I can identify the six grains used around the word and label the three main parts of a grain kernel.</i>	#27 Grain PPT & Guided Notes Copy Recipe	BR: What are three parts of the grain kernel? What does "al dente" mean?
46	<i>I can demonstrate proper cooking techniques when preparing grains.</i>	Grain Lab – Yeast Pretzels	No Bellringer
47	<i>I can identify various types of quick breads and preparation methods.</i>	#28 Quick Breads PPT & Guided Notes #29 Cheddar Garlic Biscuit Recipe Grains Quiz	

48	<i>I can demonstrate methods of making quick breads.</i>	#29 Cheddar Garlic Biscuit Lab #30 Grains Article & Guided Questions	No Bellringer
49	<i>I can create a recipe utilizing nontraditional grains.</i>	#31 Grains Evaluation Recipes Students Prepare assigned Recipe	
50	<i>I can compare one grain product from another.</i>	#32 Grain Evaluation Lab – Day 2 Students complete Cooked Cereal Grains Evaluation #33 Grain Info Sheets	No Bellringer
51	<i>I can summarize topics studied during the Food Preparation Unit.</i>	#34 Grain Quiz Unit Review	
52	<i>I can summarize topics studied during the Food Preparation Unit.</i>	Unit Test	
53	<i>I can create a thematic plan for Cupcake Wars.</i>	Cupcake Wars Watch Episode Begin Planning	
54	<i>I can create a thematic plan for Cupcake wars.</i>	Cupcake Wars Market Order Create Display	
55	<i>I can create a baked product utilizing a secret ingredient.</i>	Cupcake Wars Finish Display Bake Cupcakes	
56	<i>I can put together a thematic display for food presentation.</i>	Cupcake Wars Make Icing Put Presentation Together	

57		Catch Up	
58	<i>I can design my final lab encompassing the methods and techniques in which I have developed in foods 1B.</i>	Review	
59	<i>I can prepare my final lab demonstrating the methods and techniques in which I have developed in foods 1B.</i>	Finals	No Bellringer
60	<i>I can prepare my final lab demonstrating the methods and techniques in which I have developed in foods 1B.</i>	Finals	No Bellringer