



South Williamsport Area School District  
Course Plan Template

<b>Teacher: Patricia Schick</b>	<b>School Year: 2014-2015</b>
<b>Course:</b> Fundamentals of Foods	<b>Intended Grade Level:</b> 9-12
<b>Course Summary:</b> Students learn proper measuring and basic food preparation skills, how to use equipment, and following recipes in the kitchen while apply safety and sanitation practices.	
<b>Course Outcomes:</b> <i>By the end of the course, students will know:</i> <ul style="list-style-type: none"><li>• <i>How to follow a recipe</i></li><li>• <i>Safety and sanitation practices</i></li></ul> <i>By the end of the course, students will be able to</i> demonstrate safe food handling and basic preparation skills while using a recipe to prepare nutritious foods.	
<b>Standards Targeted<sup>1</sup></b> <b>National Family and Consumer Sciences Standards</b>	
<b>Units of Study</b>	
<b>Units Topic</b>	<b>Primary Learning Outcome</b>
<b>Safety and Sanitation</b>	<b>Demonstrate appropriate food safety and practices</b>
<b>Measuring Accurately</b>	<b>Demonstrate and understand the importance of accurate measuring skills</b>
<b>Knife Skills and Prep Perms</b>	<b>Define and demonstrate various knife cuts as well as other preparation terms</b>
<b>Cooking with fruits and vegetables</b>	<b>Storage, preparation methods, and nutrition</b>
<b>Measuring and kitchen math</b>	<b>Equivalencies and practical applications in the kitchen.</b>
<b>Pies and Pastries</b>	<b>Preparation and techniques to increase success</b>

<sup>1</sup> Indicate primary Standards emphasis:

- PA Core - Math / ELA / Science & Technology / History & Social Studies
- National Content Standards (Name and Type)
- Industry Recognized Standards (Name and Type)



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<b>Cooking with eggs</b>	<b>Storage, preparation methods, nutrition and functions of eggs in foods.</b>
<b>Cooking with Dairy Products</b>	<b>Storage, preparation methods, and nutrition</b>
<b>Advanced Learner Recommendations</b>	
Advanced learners will prepare more complex recipes/foods.	
<b>Struggling Learner Recommendations</b>	
Struggling learners will prepare simpler recipes/foods.	