



SCHOOL DISTRICT OF MONROE

Preparing for the Future, One Child at a Time

Introduction to Food Prep

Course Description:

The curriculum for this elective course is developed from the Wisconsin Standards for Family and Consumer Sciences. This introductory class will focus on kitchen tools and appliances, food preparation procedures, and food safety. Units of study will include food sanitation, nutrition, knife skills, herbs and spices, grains and pasta, white sauces, quick breads and eggs. Grade will be determined by quizzes, tests and lab work.

Mastery Standards:

Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks and methods of prevention. (FPS1.b.19h)

Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods and between animal and fish sources and other food products. (FPS1.b.25h)

Demonstrate professional skills in safe-handling of knives, tools and equipment. (FPS1.e.26h)

Unit	Description of Unit and Learning Targets
<p>Unit Title: Nutritional Needs and Making Healthful Food Choices</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How do social & cultural messages about food and eating influence nutrition choices? • What are the influences that contribute to the foods we choose? • How do current trends impact food choices? • Why is it important to identify the six nutrients and how they affect our health? 	<p>Students will.....</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Name key nutrients and describe their functions and sources of each. • Analyze nutrient deficiencies and excesses. • Explain the process of digestion, absorption and metabolism. • Identify daily intake from MyPlate. • List tips to use when shopping for fresh and processed food. • Describe suggestions for preparing healthful foods.
<p>Unit Title: Kitchen Safety</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • Why is it important to practice safety in the kitchen? • How does one take precautions against a food borne illness? • What do you do if a kitchen accident occurs? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Give examples of how following good safety practices can prevent kitchen accidents. • Identify food handling dangers. • Identify different types of knives and skills used to handle a knife safely. • Demo proper actions in case of a fire.
<p>Unit Title: Career Opportunities</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What opportunities are available to someone interested in food preparation? • What options are available to advance your interest or career in food service? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Describe career areas in the field of foods. • Identify skills and qualities needed for career success.

<p>Unit Title: Kitchen Management</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What should you know about table settings and placement when it relates to different types of service? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Identify different kinds of tableware. • Set a proper place setting.
<p>Unit Title: Kitchen Utensils and Cooking Terms</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What should you know about the equipment you are working with before using the equipment? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Identify various small kitchen utensils and discuss their function. • Demonstrate the use of small kitchen equipment, cookware and bakeware.
<p>Unit Title: Lab Management Skills</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What are the essential components of a recipe? • How do cooking techniques change depending upon the selected food? • How are time management skills used in food preparation? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Identify abbreviations and define cooking terms used in recipes. • Plan time-work schedules.
<p>Unit Title: Vegetables</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What are some strategies to increase consumption of vegetables into a healthy diet? • How do vegetables add nutrition, flavor, color and texture to a meal? • How do preparation techniques alter the flavor and appearance of food? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Explain how to properly store and select vegetables. • Describe principles of cooking vegetables. • Identify methods for cooking vegetables. • Prepare vegetables, preserving their color, texture, flavor and nutrients.
<p>Unit Title: Herbs and Spices</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • What is the difference between an herb and a spice? • How do herbs and spices enhance the food product? • Other than food preparation, what other uses are there for herbs and spices? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Distinguish between herbs, spices and blends. • Identify a herb or spice by its color and aroma. • Evaluate how a herb or spice enhances food.
<p>Unit Title: Pasta and Foods of Italy</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How does pasta and grains increase the versatility of a menu? • How does the consumption of a whole grain positively benefit your health? • How does knowledge of other cultures allow you to combine different food groups into a healthy meal? 	<p>Students will...</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Identify common pasta Shapes. • Apply pasta cooking principles. • Describe Italian dishes and specialties according to regions. • Describe influences on Italian culture, past and present.

<p>Unit Title: Eggs</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • Why is it important to learn various preparation techniques when preparing eggs? • What can be gained from preparing a wide array of recipes? • What knowledge is necessary to know when working with eggs in regards to food safety? 	<p>Students will...</p> <p>.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • List factors affecting the selection of eggs. • Describe the principles and methods for cooking eggs. • Explain how eggs act as emulsifiers, foaming agents, thickeners, binding agents and interfering agents.
<p>Unit Title: Quick Breads</p> <p><u>Essential Questions:</u></p> <ul style="list-style-type: none"> • How does baking of quick breads relate to chemistry? • How does measurement and combinations of ingredients affect differences in the outcome of baked goods? 	<p>Students will...</p> <p>.</p> <p><u>Learning Targets:</u></p> <ul style="list-style-type: none"> • Identify the functions of ingredients in quick breads. • Identify the food science principles of preparing quick breads.