



SCHOOL DISTRICT OF THE CHATHAMS CURRICULUM PROFILE

CONTENT AREA(S): Family & Consumer Science

COURSE/GRADE LEVEL(S): Culinary Arts and Nutrition I, grades 9-12

I. Course Overview

This course focuses on the fundamentals of food preparation, nutrition, meal planning, and consumer education. In the foods laboratory, students actively experience a variety of practical cooking skills and techniques. Consumer skills that assist students in making wise food choices based on nutritional knowledge is stressed. The curriculum includes topics in kitchen basics, food safety and sanitation, nutrition and wellness, food science, food labeling, and meal planning guides.

II. Standards

- 9.2.12 A. Critical Thinking
- 9.2.12 B. Self-Management
- 9.2.12 C. Interpersonal Communication
- 9.2.12 D. Character Development and Ethics
- 9.2.12 E. Consumer and Personal Finance Skills
- 9.2.12 F. Safety

III. Learning Objectives

- Demonstrate proper use of various pieces of small kitchen equipment, cookware, and bakeware and explain how to select and care for it.
- Identify abbreviations, define cooking terms and change yields in recipes.
- Follow recipes and learn basic techniques in food preparation to prepare and serve various dishes.
- Demonstrate accurate measuring skills for a variety of ingredients.
- Demonstrate lab procedures and the role of each job assigned to individuals comprising the group.
- Demonstrate the use of proper time management skills
- Demonstrate safe and sanitary procedures in food preparation and in storage of food and equipment.
- Successfully prepare a variety of food items which include quick and yeast breads, dishes which include dairy, fruits and or vegetables and desserts.
- Use information on food products labels to make informed decisions about the foods consumed.
- Research key nutrients, describe their functions, list important sources, and identify deficiencies and excesses of each.
- Explain how to use Dietary Reference Intakes (DRIS), the My Plate Food Guidance System, and the Dietary Guidelines for Americans to meet daily needs and to make healthy food choices.
- Plan nutritious meals and describe ways to prepare healthful foods.
- Develop an awareness of careers in Family and Consumer Sciences.

IV. Essential Questions (The open-ended, provocative questions that help frame inquiry)

- Why is utilizing time management skills an important factor while preparing meals?
- Why are assigned roles of group members, the rotation of job responsibilities and cooperation among members important to the success of end product of the laboratory group?
- What are the parts of a recipe and the definitions for preparation terms?
- Why is choosing the proper utensil/piece of equipment/appliance important for the recipe success?
- What are safest food handling practices?
- Why is safety important in the kitchen when utilizing equipment, utensils, and appliances?
- What are the benefits of planning meals?
- How can the US Dietary Guidelines and MyPlate Food Guidance System be used to help plan meals which meet daily dietary nutritional needs?
- What are examples of healthy choices with food selection?
- What are the six major nutrients and the function of each in the body to maintain wellness?
- How can proper nutrition benefit a person's health?
- How does the progression through the life cycle change meal habits and choices?
- What types of careers are available which utilize knowledge in the field of Family & Consumer Science?

V. Key Performance and Benchmark Tasks

- Projects
- Tests/Quizzes
- Worksheets
- Laboratory Recipes

VI. Units of Study

- Kitchen Basics
- Safety & Sanitation in the Kitchen
- Food Groups- Breads & Grains, Proteins- Meat/Eggs/Nuts, Dairy, Fruits & Vegetables
- Meal Planning
- Nutrition
- Careers in Culinary Arts & Nutrition

VII. Instructional Materials

- *Guide to Good Food Teacher's Resource Guide (2012)*
- *Guide to Good Food*- student textbook and student workbook
- *Nutrition & Wellness for Life Teacher's Resource Guide (2012)*
- *Nutrition & Wellness for Life*- student textbook
- Internet websites

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