



## SCHOOL DISTRICT OF THE CHATHAMS CURRICULUM PROFILE

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**CONTENT AREA(S): Family & Consumer Science**

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

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### **I. Course Overview**

Students in this course build upon the fundamentals of *Culinary Arts and Nutrition I* to develop more advanced culinary skills and use specialized techniques in food preparation. Artistic food presentation and food planning for specialty entertaining is included. Meal preparation is based on a variety of regional and world cuisines. The curriculum includes research in such areas such as current events and hot topics in nutrition and health, digestion, consumerism, special diets, food production and the food industry.

### **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 basic procedural and cooking skills and knowledge learned from the course Culinary Arts & Nutrition I through advanced lessons.
- Practice and demonstrate time management skills.
- Develop skills in the attractive presentation, garnishing and serving of foods.
- Study the foods and traditions of a variety of regional and world cultures and cuisines.
- Research and prepare a variety of ethnic dishes from around the world including herbs and spices from those regions.
- Explain the process of digestion, absorption, and metabolism.
- Research life cycle nutrition, lifestyle diets and plan and prepare foods for people with a variety of dietary needs.
- Discuss special dietary meal plans for various health concerns.
- Identify the food necessary for a variety of fitness programs.
- Develop shopping skills which help the consumer get the most value for their dollar.
- Examine the benefits of meal planning including good nutrition, spending and time management.
- Identify and perform basic skills needed for success in a career.

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

- What are social, cultural and religious influences affect our food choices?
- Why are utilizing time management skills an important factor while preparing meals?
- What are the laboratory procedures for the food laboratory experiences?
- How do geography, climate and culture affect a country's cuisine?
- How is the role of food used in traditional celebrations around the world?
- How are native foods incorporated into the culinary dishes of a country?
- What factors influence a region's food choices and cuisines?
- How do convenience foods and eating outside the home impact the budget?
- How can comparison shopping impact a food budget?
- How can label information help a consumer make informed decisions about food products?

- What are the health benefits of herbs and spices and how can herbs and spices be used in food preparation?
- What are the factors impacting world hunger in third world countries?
- What can be done to alleviate world hunger?
- What is the process of digestion, absorption and metabolism?
- What is the relationship between the US Dietary Guidelines and healthy body functions and fitness?
- What foods are important with a fitness regime?
- How do fad diets affect a person's health?
- What are the major eating disorder and what elements contribute to the development of an eating disorder?
- What are the causes of the obesity epidemic in our country?
- What are examples of special dietary needs diets?
- How does careful planning aide in the outcome of social events?
- How does the theme of a party affect the menu?
- What careers utilize knowledge from the areas of Family and Consumer Science?

#### **V. Key Performance and Benchmark Tasks**

- Projects
- Tests/Quizzes
- Worksheets
- Laboratory Recipes

#### **VI. Units of Study**

- World & US Regional Culture and Cuisines
- Consumerism
- Digestion
- Special Dietary Needs
- Contemporary Diets/Eating Disorders/Food for Fitness
- Entertaining with Food
- 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
- *Regional & Foreign Foods Made Easy* by Judy Johnson, 2008
- *A World Atlas of Food* (a division of the McGraw-Hill Inc.)
- *A Global Foods Tour* (Glencoe McGraw-Hill)
- *Foods Around the World*
- Internet websites

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