

East Penn School District
Secondary Curriculum

A Planned Course Statement
for

Advanced Foods

Course # 812

Grade(s) 10, 11, 12

Department: Family & Consumer Science

Length of Period (mins.) 40

Total Clock Hours: 60

Periods per Cycle: 6

Length of Course (yrs.) 0.5

Type of Offering: required elective

Credit: 0.5

Adopted: 4/25/05

Developed by:

Anne Beal

Description of Course

Course Title:

Advanced Foods - # 812

Description:

This course will give students the opportunity to prepare, cook, and serve meals that demonstrate knowledge and understanding of the principles that guide meal planning including organization, and management of time and budget, creativity, nutrition, and safe food handling practices. They will develop proficiency in the skills related to the preparation and service of foods for all occasions. Students will complete an in-depth study of foods and will analyze their food intake based on U.S. dietary guidelines.

Goals:

- Further develop food preparation skills in advanced cooking procedures and meal management.
- Understand how the composition and structure of a food affects its preparation and cooking.
- To appreciate how food choices, exercise, wellness and fitness are an integral part for developing life long goals for healthy living.

Requirements:

Students must participate in foods preparation labs that demonstrate understanding of advanced cooking skills, complete meal planning assignments that promote healthy eating in different lifestyle simulations, prepare a meal for a guest, give class demonstrations and presentations, and complete a research paper on a food related topic.

Text:

Largen/Bence, Guide to Good Food, Goodheart-Wilcox, 2004

Johnson & Wales University, Culinary Essentials, Glencoe/McGraw Hill, 2006

Key to Levels of Achievement (Listed with each learning objective)

Awareness (A):	Students are introduced to concepts, forms, and patterns.
Learning (L):	Students are involved in a sequence of steps and practice activities which involved further development and allow evaluation of process.
Understanding (U):	Students demonstrate ability to apply acquired concepts and skills to individual assignments and projects on an independent level.
Reinforcement (R):	Students maintain and broaden understanding of concepts and skills to accomplish tasks at a greater level of sophistication.

Unit	Num	Objective	Level	Content	Evaluation	Standard
Working in the Foods Laboratory	1	Students will identify parts of a recipe.	R	<ul style="list-style-type: none"> Mystery lab Parts of a recipe 	<ul style="list-style-type: none"> Completion of lab Test 	11.2.12 B
	2	Students will demonstrate basic principles in food preparation.	U	<ul style="list-style-type: none"> Time Temperature Sanitation Safety 	<ul style="list-style-type: none"> Quiz Lab evaluation 	
	3	Students will apply awareness of sanitation and safety skills.	A	<ul style="list-style-type: none"> Fastbac sanitation program for schools and commercial kitchens 	<ul style="list-style-type: none"> Test Lab evaluations 	11.3.12 B
	4	Students will demonstrate use and care of large and small kitchen appliances.	U	<ul style="list-style-type: none"> Use of large and small kitchen appliances in lab setting. 	<ul style="list-style-type: none"> Lab evaluations 	11.2.12 D
	5	Students will prepare meals that are nutritious and economical.	U	<ul style="list-style-type: none"> Analysis of meals using USDA dietary guidelines Budgeting meals for a week 	<ul style="list-style-type: none"> Recipe analysis Meal budget analysis 	11.1.12 B
	6	Students will prepare meals that are attractive and aesthetically pleasing	R	<ul style="list-style-type: none"> Table setting Garnishing Color, texture, and flavor Portion control 	<ul style="list-style-type: none"> Lab evaluations Final meal project 	11.3.12 C
	7	Students will use correct measuring techniques to prepare food dishes.	U	<ul style="list-style-type: none"> Weight vs. volume Scaling ingredients Liquid vs. dry measure 	<ul style="list-style-type: none"> Lab evaluations 	11.3.12 C
	8	Students will work cooperatively in large and small heterogeneous groups within timed lab setting.	A	<ul style="list-style-type: none"> Assignment of tasks and job responsibilities in timed recipe production 	<ul style="list-style-type: none"> Lab evaluations 	11.2.12 C
	9	Students will identify career opportunities in the food industry.	U	<ul style="list-style-type: none"> Choosing a career in food related fields Trends and technology in food industry Analysis of skills in food occupations 	<ul style="list-style-type: none"> Resume Letter of application 	11.1.12 E
Baking Production	10	Students will prepare foods that demonstrate use of cereals and grains in food production.	U	<ul style="list-style-type: none"> Function of ingredients in baked goods Breads Pastries Cakes Pasta and rice 	<ul style="list-style-type: none"> Lab evaluation Unit test 	11.3.12 A
Appetizers	11	Students will prepare, cook and serve a variety of appetizers.	A	<ul style="list-style-type: none"> Hot and cold appetizers Garnishing appetizers 	<ul style="list-style-type: none"> Lab evaluation 	11.3.12 A
Soups	12	Students will identify and prepare different types of soups.	U	<ul style="list-style-type: none"> Nutritional importance of soups Roux based soups 	<ul style="list-style-type: none"> Lab evaluation Test 	11.3.12 F

Unit	Num	Objective	Level	Content	Evaluation	Standard
				<ul style="list-style-type: none"> • Cream based soups • Preparation of stock bases 		
Salads and Sandwiches	13	Students will identify and prepare different types of salads and sandwiches.	U	<ul style="list-style-type: none"> • Nutritional importance of salads and sandwiches 	<ul style="list-style-type: none"> • Lab evaluation • Test • Final meal project 	11.3.12 C
Meat and Poultry	14	Students will prepare a variety of different meat cuts.	A	<ul style="list-style-type: none"> • Primal cuts • Preparation techniques by cut • USDA grading systems • Safe food handling practices 	<ul style="list-style-type: none"> • Lab evaluations • Unit test 	11.3.12 E
Food Preservation and Storage	15	Students will identify the main causes of food spoilage	U	<ul style="list-style-type: none"> • Causes of food spoilage ~ <ul style="list-style-type: none"> – microorganisms – molds – yeasts – bacteria and viruses – enzymes 	<ul style="list-style-type: none"> • Lab evaluation • Test 	11.3.12 B
	16	Students will list general methods of preservation.	A	<ul style="list-style-type: none"> • Preservation using sugar/acid concentrations • Drying • Freezing • Irradiation • Heat preservation/canning 	<ul style="list-style-type: none"> • Lab evaluation • Test 	11.3.12 F
Meal Planning	17	Students will define a meal in terms of social patterns and cultural, historical, geographical, and psychological contexts.	U	<ul style="list-style-type: none"> • Meal patterns • Principles of meal planning • Influences on dietary patterns • Dietary guidelines for Americans (USDA) • USDA Food Pyramid 	<ul style="list-style-type: none"> • Meal plans • Dietary analysis • Unit test 	11.3.12 C
	18	Students will relate understanding of dietary guidelines and food pyramid to planning nutritious family meals.	A	<ul style="list-style-type: none"> • Nutritional analysis of meals for calories, fiber, fat, protein, carbohydrates, vitamins, and minerals 	<ul style="list-style-type: none"> • Dietary analysis 	11.3.9 D
	19	Students will prepare a variety of meals that reflect individual needs, preferences, and budgets.	U	<ul style="list-style-type: none"> • Plan, cook, and serve meals for the following groups ~ <ul style="list-style-type: none"> – low calorie/high protein – low fat – vegetarian – diabetic – toddler – athlete 	<ul style="list-style-type: none"> • Meal plans • Lab evaluations 	11.3.12 D
	20	Students will evaluate menus for budget, time, and work sequence.	A	<ul style="list-style-type: none"> • Budget planned meals • Time plans 	<ul style="list-style-type: none"> • Budgets • Time plans 	11.3.12

Unit	Num	Objective	Level	Content	Evaluation	Standard
Final Project	21	Students will prepare, cook, and serve a meal for a guest.	U	<ul style="list-style-type: none"> Plan, prepare, and serve a meal for a guest 	<ul style="list-style-type: none"> Lab evaluation 	
	22	Students will complete research project on chosen topic.	U	<ul style="list-style-type: none"> Research area of interest in food, dietary, or culinary field. 	<ul style="list-style-type: none"> Final evaluation 	