

Healthy Eating on the Go Overview

Content Area: **Family/Consumer Science**
Course(s): **HEALTHY EATING ON THE GO**
Time Period:
Length: **45 Days**
Status: **Published**

Cover

EAST BRUNSWICK PUBLIC SCHOOLS

East Brunswick New Jersey

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Course Adoption: 2/10/1989

Curriculum Adoption: 2/10/1989

Date of Last Revision Adoption: 9/1/2017

Course Overview

COURSE DESCRIPTION

Healthy Eating on the Go is a ten week quarter course elective offered to students in grades 10-12 with no prerequisite requirements. This course is designed to teach students kitchen safety, measuring, equivalents, abbreviations, recipe interpretation, food prep terminology, utensil and equipment identification are taught as foundations to the course. Students will learn and apply this information to prepare and purchase healthy and nutritious foods. In addition, students will be introduced to Consumerism which will include the interpretation of the food label and unit pricing. This course will culminate with a signature Manners Meal to reinforce proper table setting procedures and etiquette guidelines. Upon completion of this course, our goal is for our students to gain confidence and independence in the kitchen by enhancing their ability to independently execute quick, simple and healthy recipes.

COURSE SCOPE AND SEQUENCE

Sequential Unit Description	Other Pacing Guide References	Proficiency (Summative) Assessments
Unit 1- Course Introduction		
SWBAT discuss and complete the introductory activities		
<ul style="list-style-type: none">• Course Objectives• Ice Breaker• Kitchen Safety & Sanitation• Getting to know your kitchen• Scavenger Hunt	4-5 Days	<ul style="list-style-type: none">• Fire Safety Quiz• Kitchen tool worksheet
Unit 2-Introduction to Measuring		
<ul style="list-style-type: none">• Introduction to measuring, abbreviations & equivalents• Measuring Lab (iced tea) (demo)• Nutritional Information• Recipe Interpretation, lab planning & rotation• Mystery lab (Optional)• Introduction to blender (smoothie)• Lab	6-7 Days	<ul style="list-style-type: none">• Measuring Quiz• Execution of Recipe• Recipe Interpretation• Quiz (optional)• Team Cooperation• Lab Work

Unit 3-Knife Skills	<ul style="list-style-type: none"> • DVD-Knife Skills • Power Point-Knife Skills • DVD- Stir Fry • Lab-Stir Fry recipe 	4 Days	<ul style="list-style-type: none"> • Lab execution • Recipe execution/ • Knife application • Cooperative Learning
Unit 4-Microwave	<ul style="list-style-type: none"> • DVD-Just the Facts • Microwave interactive lab activities • Labs (entrée, sides, dessert) 	7-8 Days	<ul style="list-style-type: none"> • Lab execution • Cooperative Learning • Unit reflection
Unit 5-Pasta	<ul style="list-style-type: none"> • Power Point-Pasta • Introduction to various pasta shapes • Pasta packet • Labs 	3-4 Days	<ul style="list-style-type: none"> • Lab execution • Cooperative Learning • Unit reflection
Unit6-Convenience Foods & Dessert	<ul style="list-style-type: none"> • Introduction to Convenience Foods and their miscellaneous uses (Bisquick & Bridgford Bread Dough) • Differentiate between foods prepared from scratch • A variety of Labs 	5-6 Days	<ul style="list-style-type: none"> • Lab execution • Cooperative Learning • Unit reflection
Unit 7-Breakfast/Eggs	<ul style="list-style-type: none"> • Pretest • DVD-Amazing Eggs • Egg packet • Lab(s) 	3-4 Days	<ul style="list-style-type: none"> • Lab execution • Cooperative Learning • Unit Reflections

Unit 8-Consumerism

- DVD-Supermarket Persuasions
 - DVD-Label Reading
 - PowerPoint-Label Reading
 - Interpreting Nutritional Labels
 - PowerPoint-Unit Pricing
 - Unit Pricing Packet
- 3 Days
- Unit Price in the Real World Worksheet
 - Review and interpret product nutrition label

Unit 9-Cumulative Assessment

- DVD/U-Tube
 - Table setting packet
 - Table setting hands-on experience
 - Manners meal
- 5 Days
- Manners Meal culminating activity

CONTENT FOCUS AREA AND COURSE NAME

Course Name: Everyday Foods – 1353

Course Number	School Numbers	Course Level	Grade(s)	Credits	Min. Per Week	Elective/Required	Initial Course Adopted
1353	050	S	10-12	1.25	210	E	02/10/89

Textbooks and Other Resources

Textbooks:

Guide To Good Food, 5th edition, Largen, V.L., Bence, D.L. Goodheart-Wilcox Co., Inc. 1996, 2002, 2004

Guide To Good Food, Teacher's Resource Guide, Bence, D.L., Goodheart-Wilcox Co., Inc. Ill., 2006 Ph.D., RD, Edition

DVD

Small Appliances A to Z, Technology to the Rescue, Learning Zone Express, 2000

Helen Chen's Stir Fry Video, Joyce Chen Products

Super Size Me, Educationally Enhanced, Kathbur Pictures, written and directed by Morgan Spurlock, 2004
Hart

Etiquette Hot Line, Learning Seed, 2004

Table Escape, Learning Seed, 2001

New Label, National Health Video Los Angeles, CA

Amazing Eggs, Learning Zone Express, 2012

Cooking Fire Safety, 2013

Portion Control, Seeing the Healthy Way to Eat, 2012

Just the Facts, Microwave Oven, Learning Zone Express, 2007

PowerPoint, U-tube videos as they relate to Unit

Standards

HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.B.2	Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.
HPE.2.1.12.B.3	Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.
HPE.2.1.12.B.CS1	Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.

Grading and Evaluation Guidelines

GRADING PROCEDURES

In terms of proficiency level the East Brunswick grades equate to:

A Excellent - Advanced Proficient

B Good Above Average - Proficient

- C Fair - Proficient
- D Poor - Minimally proficient
- F Failing - Partially Proficient

COURSE EVALUATION

Each quarter students will be evaluated with tests and programming assignments using a total point basis to determine the quarter average. The semester/course average will be a weighted average of the 2 quarter averages (40% each) and a final exam (20%); in a full year course, each quarter is worth 20% of a student's final grade and each exam (midterm & final) is worth 10% of the student's final grade.

Course achievement will be evaluated based on the percent of all pupils who achieve the minimum level of proficiency (final average grade) in the course. Student achievement levels above minimum proficiency will also be reported. Final grades, and where relevant mid-term and final exams, will be analyzed by staff for the total cohort and for sub-groups of students to determine course areas requiring greater support or modification.

50%- Lab Grades: Recipe interpretation, proper use, care and selection of utensils and equipment, measuring, identifying and fulfilling lab tasks, exhibiting team work demonstrating proper and thorough clean up and demonstrating responsible and respectful behavior.

20%- Class Assignments/Projects:

20%- Assessment

10%- Participation/Professionalism

Other Details

22249 Family and Consumer Science—Other