Unit 8: Meal preparation: cooking techniques in action

Content Area: **Family and Consumer Sciences**
Course(s): **Contemporary Living**
Time Period: **April**
Length: **9 blocks**
Status: **Published**

Enduring Understandings

Children who eat breakfast perform better on standardized tests and have fewer behavior problems in school

Eating lunch is important because our body needs the proper amount of energy provided by nutrients to function properly and make it through the day

Eating dinner together as a family can have a major impact upon the happiness and well being of both parents and children

The food, style of service, and appearance of the table all help to make a meal a success as does the behavior of the people who are eating the meal

Essential Questions

Why eat breakfast?

What happens when you skip meals?

How does snacking fit into a healthy diet?

How does eating dinner with family impact child development?

How does the lack of table manners and etiquette reflect on a person socially?

Content

Cover

Table setting

Etiquette

Table manners

Family dinner

Breakfast

Lunch

Dinner

Brown bag

Skills

Demonstrate knowledge of breakfast foods by following a recipe in order to taste, serve and evaluate breakfasts

Demonstrate knowledge of lunch foods by following a recipe in order to taste, serve and evaluate lunches

Demonstrate knowledge of dinner foods by following a recipe in order to taste, serve and evaluate dinners

Explain the significance of healthy snacking in the daily diet

Describe an attractive and well set table

List important points of table manners and etiquette

Resources

Creative Living

Food for Today

Google search, slides, docs

Standards

8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
9.5	Demonstrate use of science and technology advancements in food product development and marketing.
9.5.3	Prepare food for presentation and assessment.
9.5.4	Maintain test kitchen/laboratory and related equipment and supplies.
9.5.5	Implement procedures that affect quality product performance and sustainability.
9.5.6	Conduct sensory evaluations of food products.