

# Unit 7: Healthy meals start with effective meal managers

Content Area: **Family and Consumer Sciences**  
Course(s): **Contemporary Living**  
Time Period: **March**  
Length: **10 blocks**  
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## Enduring Understandings

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Knowing and implementing safety and sanitation principles properly can help prevent kitchen accidents and illnesses

Preparing meals efficiently by using a work plan and schedule can free up time and money for other activities

Measuring ingredients accurately, using the correct kitchen tools, understanding culinary terminology and following a recipe correctly will help ensure that the finished product will turn out the way you expect

## Essential Questions

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How is food and kitchen safety a personal responsibility?

How can creating and following a detailed work plan help you prepare meals?

How is the wise use of money, time and energy related to accurately measuring ingredients in a recipe?

How can using the proper kitchen tools and techniques help you succeed in cooking?

Why is following a recipe sequentially critical to the finished product?

## Content

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Safety

Sanitation

Food borne illness

Measurements

Equivalents

Substitutions

Recipe

Ingredient

Yield

Sequence

Work plan

Food label

Nutrition facts

## **Skills**

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Demonstrate basic safety rules and suggest ways to prevent food borne illness

Describe and create a work plan and schedule for meal preparation

Explain how to measure liquid and dry ingredients accurately

Correctly name and use kitchen tools and equipment

Identify the kinds of information a good recipe provides, be able to follow a recipe and make ingredients substitutions when necessary

## **Resources**

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*Creative Living*

*Food for Today*

Google search, slides, docs

## **Standards**

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FCSE.9-12.8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
FCSE.9-12.8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
FCSE.9-12.8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
FCSE.9-12.8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
FCSE.9-12.9.5	Demonstrate use of science and technology advancements in food product development and marketing.
FCSE.9-12.9.5.3	Prepare food for presentation and assessment.
FCSE.9-12.9.5.4	Maintain test kitchen/laboratory and related equipment and supplies.
FCSE.9-12.9.5.5	Implement procedures that affect quality product performance and sustainability.
FCSE.9-12.9.5.6	Conduct sensory evaluations of food products.