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**
Status: **Published**

Enduring Understandings

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 tolls, understanding culinary terminology and following a recipe correctly will help ensure that the finished product will turn out the way you expect

Essential Questions

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

Safety

Sanitation

Food borne illness

Measurements

Equivalents

Substitutions

Recipe

Ingredient

Yield

Sequence

Work plan

Food label

Nutrition facts

Skills

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

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.