# Unit 1: Food

Content Area: **Family and Consumer Sciences**
Course(s):
Time Period: **Marking Period 1**
Length: **15 Class periods**
Status: **Published**

## Brief Summary of Unit

**Kitchen Safety:** Students will identify the most common safety hazards in the kitchen and will demonstrate their understanding of proper safety procedures throughout the foods unit. **Ingredient Measurement:** Students will become aware of proper measuring utensils and techniques for liquid and solid ingredients. Basic kitchen math will be practiced to assist with accurate measurements. **Recipe Reading and Kitchen Procedures:** Learning to read and follow instructions are important life skills. To ensure a successful product, reading and following recipe directions are critical to success. In this course, students are provided with opportunities to develop skills that pertain to a variety of careers. When completing this course, students can make informed choices and pursue electives in the FCS program that further their study and contribute toward the formation of career interest.

## Standards

The identified standards reflect interdisciplinary connections across content areas including social sciences, technology and career readiness. Within this course, as appropriate, cultural awareness and global citizenship are highlighted as related to content and context of discussion.

Area of Study 8.0 Food Production and Services

8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.

8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.

Cross curricular connections:

CS.K-12.2.b Create team norms, expectations, and equitable workloads to increase efficiency and effectiveness.

LA.K-12.NJSLSA.L3 Apply knowledge of language to understand how language functions in different contexts, to make effective choices for meaning or style, and to comprehend more fully when reading or listening.

LA.K-12.NJSLSA.W4 Produce clear and coherent writing in which the development, organization, and style

are appropriate to task, purpose, and audience.

LA.K-12.NJSLSA.W5 Develop and strengthen writing as needed by planning, revising, editing, rewriting, or trying a new approach.

CS.K-12.2.d Evaluate and select technological tools that can be used to collaborate on a project.

HE.K-12.P.3 Communicating clearly and effectively (verbal and nonverbal)

CS.K-12.2.a Cultivate working relationships with individuals possessing diverse perspectives, skills, and personalities.

LA.WHST.6-8.4 Produce clear and coherent writing in which the development, organization, voice, and style are appropriate to task, purpose, and audience.

HE.K-12.P.10 Using technology tools responsibly

CS.K-12.2.c Solicit and incorporate feedback from, and provide constructive feedback to, team members and other stakeholders.

LA.WHST.6-8.6 Use technology, including the Internet, to produce and publish writing and present the relationships between information and ideas clearly and efficiently.

MA.K-12.1 Make sense of problems and persevere in solving them.

TECH.K-12.P.8 [Practice] - Use technology to enhance productivity, increase collaboration and communicate effectively.

PFL.9.1.K12.P.4 [Practice] - Demonstrate creativity and innovation.

WRK.K-12.P.9 [Practice] - Work productively in teams while using cultural/global competence.

ELD standards: https://docs.google.com/document/d/1wdmsiGOdCHlrjU-WPvAtENnEgi0EStZXo0uiFYv1Nu4/edit

## Essential Questions

- How and why might recipe measurements from other countries require modification?
- How can proper hygiene prevent illness?
- How can the most common kitchen accidents be prevented?
- What is the rationale for the adoption of MyPlate?
- Why is safety an important habit?

## Essential Understandings

- accurate measurement ensures a correct recipe.
- clean is not the equivalent of sanitary.
- fire safety is essential when using heat in a kitchen.
- kitchen appliances must be used properly to ensure safety.
- kitchen math computation related to recipe creation is different in other countries.
- the final product is impacted by the tools used to measure ingredients and the accuracy of the measurements.
- the handling of chemicals around children and pets is specific and important.
- there are different tools for measuring liquid and dry ingredients.
- there are various ways to handle kitchen emergencies.

## Students Will Know

- basic kitchen measurements in the customary system and their abbreviations.
- how to identify gas and electric stoves.
- how to appropriately react should one of the six common accidents that occur in the kitchen take place.
- how to avoid the six common accidents that occur in the kitchen.
- how to categorize the foods they eat.
- how to contact Poison Control to determine toxicity (1-800-222-1222).

- how to correctly identify tools to use for each ingredient.
- how to handle a choking situation.
- how to handle a gas leak in school and at home.
- how to read a recipe.
- how to use a blender safely.
- how to use an oven safely.
- how to use various measuring tools.
- kitchen math and equivalencies necessary when shopping for and preparing food.
- proper handwashing techniques that will kill most harmful bacteria.
- the benefits and limitations of hand sanitizer for hand cleanliness.
- the food groups.
- the importance of bacteria and oil in the body to promote a healthy immune system.
- the six common accidents that occur in the kitchen (falls, fire, burns. poisoning, cuts and electric shock).
- where to place tools and chemicals to ensure the safety of young children and pets.

## Students Will Be Skilled At

- addressing kitchen accidents if they occur.
- avoiding kitchen accidents.
- calculating ingredient amounts and equivalents.
- maintaining a safe and sanitary work space.
- measuring both wet and dry ingredients.
- reading and following a recipe.
- utilizing a variety of measuring utensils.

## Evidence/Performance Tasks

FCS courses are designed to promote skill attainment. Student progression and pace through which they proceed through the performance tasks is based on their affinity for and ability to reach skill attainment. The teacher will determine formative and summative skill attainment; alternative assessments will be incorporated for each student based on their strengths and challenges.

- Completion of a foods lab incorporating safety, measurement, and kitchen organization principles will reinforce and indicate student understanding.
- Demonstration of proficiency of safety requirements and principles through the successful completion (score of at least 80%) of a written safety assessment will serve as additional indication of student readiness for participation in the foods labs.
- Participation in class discussions, class activities and written assignments will allow for the demonstration of knowledge and application of learning in the areas of safety and sanitation, recipe creation and nutrition.

- Student understanding of safety requirements and principles via signed contract will indicate their readiness for participation in the foods labs.

## Learning Plan

- Assess student ability to incorporate large appliances, such as the oven, and small appliances, such as the blender, by purposefully planning labs that incorporate each of these tools.
- Conduct a food lab demonstration with students to provide them with an authentic example of food preparation while reinforcing proper implementation of a recipe, demonstrating the importance of following directions and accurate measuring techniques.
- Demonstrate recipe dissection and lab procedures utilizing the space in the classroom for the first food lab.
- Engage students in real life demonstrations of safety hazards and how to properly address them.
- Establish sanitation procedures and discuss the necessity for sanitation in the classroom, the food industry, and at home.
- Facilitate student lab self-assessments.
- Introduce new measuring equipment and establish a connection to real world application while practicing on sample recipes.
- Lead discussion with students regarding answers to the essential questions to ascertain their experience with working in a kitchen environment.
- Provide physical examples for measuring equipment.
- Provide the opportunity for students to discover the locations of tools and appliances in the kitchen labs.
- Utilize the internet and videos related to the food sciences to show complicated hazards such as a grease fire and water combination.

## Materials

In addition to the materials below, the link connects to district approved textbooks and resources utilized in this course: CORE BOOK LIST

The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environments

- Google classroom / website access
- Internet links and online videos related to the food sciences
- Lab procedures and self-assessment worksheet
- Large (ie: ovens, microwaves) and small appliances (ie: blender, hand mixer)
- Measuring equipment / tools
- Recipes and appropriate ingredients

## Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1ZSDsCUamViCaBpr1lPOB7FJEC-jx4KnDjZzegIUKeMg/edit?usp=sharing