# Unit 02: Foods Lab Management

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

## Brief Summary of Unit

In this unit, students will understand the correlation between kitchen tools and successful food preparation, They will become familiar with small kitchen equipment including: measuring, mixing, baking and cutting tools and understand the definition of "cookware". They will read and interpret recipes accurately, measure ingredients correctly, and understand the terms used in food preparation. 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.

Reviewed Summer 2026

## Standards

National Standards for Family and Consumer Sciences Education

Standard 8.0 Food Production and Services Comprehensive Standard: Integrate knowledge, skills, and practices required for careers in 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 a variety of foods.

Standards for Mathematical Practice (2023)

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

MATH.K-12.5 Use appropriate tools strategically

Practices of English Language Arts (2023)

ELA.K-12.1 Developing Responsibility for Learning: Cultivating independence, self-reflection, and responsibility for one's own learning.

ELA.K-12.2 Adapting Communication: Adapting communication in response to the varying demands of

audience, task, purpose, and discipline.

Comprehensive Health and Physical Education Practices (2020)

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

Career Readiness, Life Literacies and Key Skills

9.3.IE.9-12.1 Develop and execute discipline-specific research processes appropriate to the complex prompt, question, task, or self-driven inquiry

9.4.KC.9-12.1 Work effectively in teams by adapting to roles, valuing diverse perspectives, and using strategies and tools to achieve shared goals.

ELD standards:

Standard 1: Language for Social and Instructional Purposes

English language learners communicate for social and instructional purposes within the

school setting.

## Essential Questions

- How are recipes like road maps?
- Which major and small kitchen equipment / appliances are most appropriate to a specific task / recipe?
- How can one guarantee correct measurements and proportions?
- Which cookware is most appropriate to a specific task / recipe?

## Students Will Know

- basic kitchen abbreviations.
- how to set a proper place setting.
- how to use a recipe.
- how to work efficiently and as a team in lab groups.
- key terms: recipe, yield, serrated.

- • location of equipment and food supplies.
- • names and functions of basic kitchen equipment.
- and understand the terms used in food preparation
- how to read and interpret recipes accurately
- how to measure ingredients correctly

## Students Will Be Skilled At

- • • calculating ingredient amounts and equivalents.
- • • measuring both wet and dry ingredients.
- • • reading and following a recipe.
- • • utilizing a variety of measuring utensils.
- finding definitions of or demonstrations for unfamiliar terms and tasks
- organizing a cooking or baking task

## 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.

- • complete the unit quizzes: o Utensils o Abbreviations/ measurements.
- o complete a lab sheet which evaluates work and safety habits, ingredient identification of foods groups and leader nutrients.
- show an understanding of the purpose of the unit lesson(s), and the key terms and concepts.
- • actively and meaningfully participate in performance tasks
- • be evaluated by the teacher through observation of performance.
- • complete a self evaluation rubric of performance.
- • complete the unit test: Kitchen management.
- • meaningfully address the essential and guiding questions of this unit of study.
- • meaningfully complete research and writing tasks such as: o choose a favorite recipe and identify any parts of the recipe that are missing and re-write a corrected version of the recipe.
- • meaningfully participate in guided question and answer sessions, group and individual discussions
- • • actively and meaningfully participate in performance tasks
- engage in a lab: prepare a simple recipe to reinforce recently learned measurement techniques and abbreviations.
- engage in investigation- students will go in to lab and measure a variety of ingredients and complete worksheet to determine equivalents.
- o demonstrate a simple place setting

- prepare a mystery recipe to discover the information given in a well written recipe.

## Learning Plan

- Administer quiz: abbreviations and measurements.
- Administer quiz: kitchen utensils.
- Demonstrate how to properly use large kitchen appliances: washer, dryer, stove top, oven, and microwave oven.
- Demonstrate proper place setting and have students practice using placemat, appropriate dishes, glasses, silverware, etc.
- Discuss proper etiquette and manners; use Dining Etiquette presentation to go along with discussion.
- Engage students in investigation- Students will go in to lab and measure a variety of ingredients and complete worksheet to determine equivalents.
- Engage students in the following activity to reinforce recipe reading: Have each student choose a recipe and identify the different parts. Identify any parts of the recipe that are missing.
- Facilitate Kitchen Management Lab #1: Pop-ems and Orange Julius.
- Facilitate Kitchen Management Lab #2: Harvest Loaf. (Each kitchen measures a part of the recipe. The ingredients are combined at the demo table for the entire class to see).
- Facilitate Kitchen Management Lab #3: “Toast - A – Disk. (a mystery recipe to discover the information given in a well written recipe)
- Have students complete Measurement and Abbreviations Worksheet to review equivalents and common abbreviations.
- Have students volunteer to demonstrate measuring the following: liquid, flour, brown sugar, peanut butter, and baking soda.
- Play “Name that Tool” to introduce the unit. Show kitchen tools and have students guess name and use. Have students complete Kitchen Utensils worksheet as the utensils are discussed.
- Preview the essential questions and connect to learning throughout the unit.
- Support students in learning learn proper utensil locations via the following activity: in kitchen lab, play scavenger hunt game. Students are given a list of equipment to locate, directed to identify its use on Equipment Treasure Hunt Worksheet, and return to its proper place while being timed and graded for accuracy. Most accurate and quickest group wins.
- Test: kitchen management.
- To support student learning of basic food preparation terms, use Guide to Good Food for students to define cooking vocabulary. Review: in small groups play the game “memory” to review vocabulary, equivalents and abbreviations.
- Using class lab sheet as a sample, review as a group the various job assignments and proper lab procedures.
- Administer Test: kitchen management
- Present Kitchen Math powerpoint. Have students complete Measurement and Abbreviations Worksheet to review equivalents and common abbreviations.

## Materials

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.

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

- Interactive use of SmartBoard
- Software programs
- Topic related videos or DVDs
- Virtual Field Trips
- Web sites
- Cooking equipment.
- Necessary recipes and ingredients.

## Suggested Strategies for Modifications

This link includes content specific accommodations and modifications for all populations: https://docs.google.com/spreadsheets/d/1ZSDsCUamViCaBpr1lPOB7FJEC-jx4KnDjZzegIUKeMg/edit?usp=sharing