

Unit 7: The Art of Cooking

Content Area: **Family and Consumer Science**
Course(s): **Family & Consumer Sciences I**
Time Period: **3 weeks**
Length: **Weeks**
Status: **Published**

Unit Overview

Students will be able to understand why their success in the kitchen depends on precisely measuring, reading and following directions.

Transfer

Students will be able to independently use their learning to:

-Become successful in the kitchen by precisely measuring, reading and following directions.

Meaning

Understandings

Students will understand:

- Effective recipe writing.
- Preparation techniques.
- The three main ways of cooking food.

Essential Questions

Students will keep considering...

-The impact on one's success in the kitchen by precisely measuring and following procedures based on scientific principle.

Application of Knowledge and Skill

Students will know...

Students will know:

- How and why a recipe might be modified
- Choice and use of appropriate tools and methods for measuring different types of foods
- Safe and efficient cutting techniques
- The heat transfer processes
- How different cooking methods affect food quality and nutrition

Students will be skilled at...

Students will be skilled at...

- Modifying recipes
- Choosing and using appropriate tools and methods for measuring different types of foods
- Efficient cutting techniques
- Using various heat transfer processes
- Cooking methods and how they affect food quality and nutrition

Academic Vocabulary

Using Recipes

Customary System

Equivalent

High-Altitude cooking

Metric System

Recipe

Volume

Weight

Yield

Preparation Techniques

Coating

Mixing

Cutting

Taring

Cooking Methods

Arcing

Conduction

Convection

Cooking power

Dry-heat cooking

Maillard reaction
Microwave time
Microwaving
Moist-heat cooking
Radiation
Sear
Smoking point
Standing time
Wok

Developing a Work Plan

Dovetail
Pre-preparation
Teamwork
Timetable
Work Plan

Learning Goal 1

Students will demonstrate knowledge of effective recipe writing.

- Students will demonstrate knowledge of effective recipe writing.

TECH.K-12.1.1 Empowered Learner

TECH.K-12.1.6 Creative Communicator

CRP.K-12.CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

FCSE.9-12.8.4.2 Apply menu-planning principles to develop and modify menus.

FCSE.9-12.8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.

HOSP.9-12.9.4.12.I.12 Use correct grammar, punctuation, and terminology to write and edit documents.

Target 1

Evaluate the clarity and completeness of a recipe

- Evaluate the clarity and completeness of a recipe

Target 2

Explain how and why a recipe might be modified

- Explain how and why a recipe might be modified

Learning Goal 2

Students will demonstrate knowledge of preparation techniques.

- Students will demonstrate knowledge of preparation techniques.

TECH.K-12.1.2	Digital Citizen
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
FCSE.9-12.5.5.3	Demonstrate safe procedures in the use, care, and storage of equipment.
FCSE.9-12.8.2.5	Practice standard personal hygiene and wellness procedures.
FCSE.9-12.8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
FCSE.9-12.8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
FCSE.9-12.8.3.1	Operate tools and equipment following safety procedures and OSHA requirements.
FCSE.9-12.8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
FCSE.9-12.8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
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.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Target 1

Choose and use appropriate tools and methods for measuring different types of foods

- Choose and use appropriate tools and methods for measuring different types of foods

Target 2

Demonstrate safe and efficient cutting techniques

- Demonstrate safe and efficient cutting techniques

Learning Goal 3

Students will demonstrate knowledge of proper cooking methods.

- Students will demonstrate knowledge of proper cooking methods.

TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.5	Computational Thinker
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
FAM.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.9-12.2.1.1	Apply time management, organizational, and process skills to prioritize tasks and achieve goals.
FCSE.9-12.5.2.3	Manage use of supplies.
FCSE.9-12.8.2.5	Practice standard personal hygiene and wellness procedures.
FCSE.9-12.8.2.6	Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods.
FCSE.9-12.8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
FCSE.9-12.8.3.1	Operate tools and equipment following safety procedures and OSHA requirements.
FCSE.9-12.8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
FCSE.9-12.8.4.7	Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.
FCSE.9-12.8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
FCSE.9-12.8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
FCSE.9-12.8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
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.9-12.8.5.5	Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
FCSE.9-12.8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
FCSE.9-12.8.5.9	Prepare sandwiches, canapes and appetizers using safe handling and professional

	preparation techniques.
FCSE.9-12.8.5.10	Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.
FCSE.9-12.8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
FCSE.9-12.8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.

Target 1

Compare different heat transfer processes

- Compare different heat transfer processes

Target 2

Describe how different cooking methods affect food quality and nutrition

- Describe how different cooking methods affect food quality and nutrition

Summative Assessment

Presentations

Portfolios

Production assignments

Projects

Unit Test

Formative Assessment and Performance Opportunities

Chapter review questions

Class Discussion

Class participation

Computer simulation activities

Exit Tickets

Homework

Internet activities

Section review questions

Self-Assessment

Teacher Directed Q&A

Teacher Observation of computer use

Workbook activities

Accommodations/Modifications

- Provide time for additional practice with measurements
- one on one modeling of cooking techniques
- Pair students for recipe writing

Unit Resources

Textbooks and Workbooks

Food for Today – textbook

Food for Today – student workbook

Food for Today – Re-teaching activities

Adventures in Food and Nutrition – textbook

Adventures in Food and Nutrition – student workbook

CD/DVD/VHS/TV

Exam view Pro CD-ROM

Food Network's Good Eats – Alton Brown

Food Network's Unwrapped – Marc Summers

Discovery Channel's The Colony: S2

Food Network's Ace of Cakes

Super-Size Me

Food Inc.

Ratatouille

Magazines/Periodicals/Newsletters

Food Network Magazine

HGTV Magazine

Taste of Home Magazine

A Goldy Bear Culinary Mystery Series by Diane Mott Davidson

Miserly Moms: Living on One Income in a Two Income Economy - Jonni McCoy

Deceptively Delicious – Jessica Seinfeld

Double Delicious – Jessica Seinfeld

Where's Mom Now That I Need Her: Surviving Away From Home - Betty Rae Frandsen,

Internet

www.google.com

www.bankrate.com

www.choosemyplate.gov

www.cdc.gov

www.myfitnesspal.com

www.prezi.com

www.powtoons.com

www.voki.com

<https://sites.google.com/a/monroetwp.k12.nj.us/mrs-lolli-facs/>

www.googleclassroom.com

www.Food.com

<http://topsecretrecipes.com>

<https://www.bettycrocker.com/>

www.kidswithfoodallergies.org

<https://allergicliving.com/recipes>

www.foodallergiesrecipebox.com

www.wholesomebabyfood.momtastic.com

<http://jessicaseinfeld.com/recipes>