

# Unit 6: Kitchen Basics

Content Area: **Family and Consumer Science**  
Course(s): **Family & Consumer Sciences I**  
Time Period: **2 weeks**  
Length: **Weeks**  
Status: **Published**

## Unit Overview

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Students will be able to understand why their success in the kitchen depends on proper and safe use of kitchen equipment and tools.

## Transfer

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Students will be able to independently use their learning to:

-Properly and safely use kitchen equipment and tools.

## Meaning

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## Understandings

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Students will understand:

- Safety and sanitation procedures in the cooking lab and home
- Identification and use of kitchen tools accurately
- Recipe terms
- Navigating a recipe
- The application of food lab rules and procedures in cooking lab situations
- Evaluation of kitchen designs for convenience of work centers and work triangles
- The use and care of kitchen tools and equipment

## **Essential Questions**

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Students will keep considering...

-What the impact on one's success in the kitchen will be if properly and safely using common kitchen equipment and tools.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know:

- Safety and sanitation procedures in the cooking lab and home
- Kitchen tools identification and correct usage
- Recipe terms
- How to navigate a recipe
- Food lab rules and procedures in cooking lab situations
- Kitchen designs for convenience of work centers and work triangles
- The use and care of kitchen tools and equipment

### **Students will be skilled at...**

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Students will be skilled at:

- Practicing safety and sanitation procedures in the cooking lab and home
- Identifying and using kitchen tools accurately
- Identifying recipe terms
- Navigating a recipe
- Applying food lab rules and procedures in cooking lab situations
- Evaluating kitchen designs for convenience of work centers and work triangles
- Using and caring for kitchen tools and equipment

## **Academic Vocabulary**

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### **Food Safety and Sanitation**

Bioterrorism

Cross-contaminants

Foodborne Illness

Food Safety

Freezer Burn

Internal Temperature

Irradiation

Microorganisms

Personal Hygiene

Rancidity

Recall

Sanitation

Spores

Tolerance

Toxins

20-second scrub

## **Accident Prevention**

Carbon Monoxide

Cardiopulmonary Resuscitation

Abdominal Thrust

Polarized Plugs

## **Kitchen Design**

Annual percentage Rate (APR)

Bakeware

Convection Oven

Cookware

Credit

Down Payment

Energy Guide Label

Finance Charge

Grounding

Heating Units

Interest

Island

Peninsula

Service Contract

Task Lighting

Universal Design

Warranty

Work Center

Work Flow

Work Triangle

## Learning Goal 1

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Students will demonstrate knowledge of food and kitchen safety practices and procedures

- Students will demonstrate knowledge of food and kitchen safety practices and procedures

TECH.K-12.1.6	Creative Communicator
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.
FCSE.9-12.8.2	Demonstrate food safety and sanitation procedures.
FCSE.9-12.8.2.1	Identify characteristics of major food-borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.
FCSE.9-12.8.2.2	Employ food service management safety/sanitation program procedures, including CPR and first aid.
FCSE.9-12.8.2.3	Use knowledge of systems for documenting, investigating, reporting, and preventing food-borne illness.
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	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.9-12.8.5.1	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.9-12.8.5.13	Integrate sustainability in food production and services including menu planning; acquisition, preparation, and serving of food; storage; and recycling and waste management.
FCSE.9-12.9.3.5	Analyze recipe/formula proportions and modifications for food production.
FCSE.9-12.10.4.5	Manage use, care, storage, maintenance, and safe operations of equipment, tools, and supplies.

FCSE.9-12.11.6.4	Critique design plans to address client's needs, goals and resources.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.

## Target 1

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Identify and practice safety and sanitation procedures in the cooking lab and home

- Identify and practice safety and sanitation procedures in the cooking lab and home

## Learning Goal 2

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Students will demonstrate knowledge of proper use of food preparation equipment and techniques.

- Students will demonstrate knowledge of proper use of food preparation equipment and techniques.

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
FCSE.9-12.2.1.1	Apply time management, organizational, and process skills to prioritize tasks and achieve goals.
FCSE.9-12.2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
FCSE.9-12.5.5.3	Demonstrate safe procedures in the use, care, and storage of equipment.
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.9-12.8.3.3	Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.
FCSE.9-12.8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
FCSE.9-12.8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.

## Target 1

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Identify and use kitchen tools accurately

- Identify and use kitchen tools accurately

## Target 2

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## Identify recipe terms

- Identify recipe terms

## Target 3

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### Navigate a recipe

- Navigate a recipe

## Target 4

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### Apply food lab rules and procedures in cooking lab situations

- Apply food lab rules and procedures in cooking lab situations

## Learning Goal 3

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Students will demonstrate knowledge of basic kitchen design and the included components.

- Students will demonstrate knowledge of basic kitchen design and the included components.

FCSE.9-12.11.2.4

Apply principles of human behavior, ergonomics, and anthropometrics to the design of housing, interiors, and furnishings.

HOSP.9-12.9.4.12.I.12

Use correct grammar, punctuation, and terminology to write and edit documents.

HOSP.9-12.9.4.12.I.17

Listen to and speak with diverse individuals to enhance communication skills.

## Target 1

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### Evaluate kitchen designs for convenience of work centers and work triangles

- Evaluate kitchen designs for convenience of work centers and work triangles

## Target 2

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### Explain the use and care of kitchen tools and equipment

- Explain the use and care of kitchen tools and equipment

## Summative Assessment

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Presentations

Portfolios

Production assignments

Projects

Unit Test

## **Formative Assessment and Performance Opportunities**

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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**

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- Provide alternate labeling for struggling readers.
- Pair students when accuracing is critical in a recipe
- Code ingredients in the recipe with the actual ingredient container
- Provide how to videos
- Additional supervision for use of sharps and heating equipment.



## **Unit Resources**

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### **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](http://www.google.com)

[www.bankrate.com](http://www.bankrate.com)

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.myfitnesspal.com](http://www.myfitnesspal.com)

[www.prezi.com](http://www.prezi.com)

[www.powtoons.com](http://www.powtoons.com)

[www.voki.com](http://www.voki.com)

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

[www.googleclassroom.com](http://www.googleclassroom.com)

[www.Food.com](http://www.Food.com)

<http://topsecretrecipes.com>

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

[www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)

<https://allergicliving.com/recipes>

[www.foodallergiesrecipebox.com](http://www.foodallergiesrecipebox.com)

[www.wholesomebabyfood.momtastic.com](http://www.wholesomebabyfood.momtastic.com)

<http://jessicaseinfeld.com/recipes>