

Unit 01: Kitchen Basics

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

Unit Overview

Students will be able to understand how their skills previously learned in FACS I will add to their success in the kitchen.

Transfer

Students will be able to independently use their learning to:

- Demonstrate knowledge of basic kitchen techniques and safety practices.

Meaning

Understandings

Students will understand:

- How to identify and use measuring tools accurately.
- The accurate way to measure liquid and dry ingredients.
- Measuring abbreviations and equivalents.
- Altering recipes based on the number of people being served.
- The process of timing cooking based on the time that everyone will be served.
- How to identify and use kitchen tools accurately.

- Recipe terms.
- How to navigate a recipe.
- The application of food lab rules and procedures in cooking lab situations.

Essential Questions

Students will keep considering:

-How skills and knowledge of basic kitchen techniques and safety practices previously learned in FACSI will contribute to their success in the future.

Application of Knowledge and Skill

Students will know...

Students will know:

- Various measuring tools
- The procedure to accurately measure liquid and dry ingredients
- Measuring abbreviations and equivalents
- How to alter recipes based on the number of people being served.
- How to time cooking based on serving time and foods being prepared
- Kitchen tools identification and correct usage
- Recipe terms
- How to navigate a recipe
- Food lab rules and procedures in cooking lab situations

Students will be skilled at...

Students will be skilled at:

- Identifying measuring tools
- Accurately measuring liquid and dry ingredients
- Identifying measuring abbreviations and equivalents
- Altering recipes based on the number of people being served.
- Timing their cooking based on serving time and foods being prepared
- 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

Academic Vocabulary

Chapter 20

Bioterrorism

Cross-contaminants

Foodborne Illness

Food Safety

Freezer Burn

Internal Temperature

Irradiation

Microorganisms

Personal Hygiene

Rancidity

Recall

Sanitation

Spores

Tolerance

Toxins

20-second scrub

Chapter 21

Carbon Monoxide

Cardiopulmonary Resuscitation

Abdominal Thrust

Polarized Plugs

Chapter 22

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

Chapter 24: Using Recipes

Customary System

Equivalent

High-Altitude cooking

Metric System

Recipe

Volume

Weight

Yield

Chapter 25: Preparation Techniques

Coating

Mixing

Cutting

Taring

Chapter 26: 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

Chapter 27: Developing a Work Plan

Dovetail

Pre-preparation

Teamwork

Timetable

Work Plan

Learning Goal 1

Students will demonstrate knowledge of basic kitchen techniques and safety practices previously learned in

FACSI.

CRP.K-12.CRP2	Apply appropriate academic and technical skills.
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.9-12.8.3.2	Maintain 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.9-12.8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.
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.9-12.8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents. Integrate knowledge, skills, and practices required for careers in food production and services.

Target 1

Review of measuring tools and the accurate measurement of liquid and dry ingredients along with abbreviations and equivalents.

Target 2

Review of common recipe terms, navigating a recipe, recipe conversion and timing.

Target 3

Review of kitchen tools and food lab procedures for safe usage.

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

Anchor Activities

Assessment and Diagnosis

Audit Cards

Doctor Is In

Enrichment Clusters

Exit Tickets
Extension Activities
Flexible Grouping
Independent Study
Interest Centers
Learning Centers
Learning Logs
Mentors
Mini-Lessons
Multiple Texts
Student Experts
Task Cards
Three Before Me
Tiered Activities

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>