

Unit 03: Food Decisions

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

Unit Overview

Students will be able to understand why comparison shopping is important in planning healthy, appealing meals.

Transfer

Students will be able to independently use their learning to:

- Demonstrate knowledge of shopping skills.

Meaning

Understandings

Students will understand:

- The steps in planning for grocery shopping and ways to get the most for their money.
- The benefits of planning meals.
- How to create and manage a food budget.

Essential Questions

Students will keep considering:

-The recommendations that can be made to assist in comparison shopping and getting the most for one's money when purchasing groceries to create healthy, appealing meals.

Application of Knowledge and Skill

Students will know...

Students will know:

- How to plan for grocery shopping and ways to get the most for their money.
- Why there are benefits in planning meals.
- Why there is a need to create and manage a food budget.

Students will be skilled at...

Students will be skilled at:

- Planning for grocery shopping and getting the most for their money.
- Planning meals.
- Creating and managing a food budget.

Academic Vocabulary

Meal Planning

Budget

Bulk Foods

Commodities

Convenience Foods

Multiple Roles

Scratch Cooking

Speed-Scratch Cooking

Staples

Shopping For Food

Code Dating

Comparison Shopping

Food Cooperative

Impulse Buying

Natural Foods

Open Dating

Organic Foods

Perishable Foods

Rebate

Sell-by Date

Store Brands

Unit Price

Universal Product Code

Use-by Date

Serving Food

Appetizer
Buffet
Canapes
Cover
Crystal
Family Service
Flatware
Formal Service
Holloware
Hors d'oeuvres
Modified English Service
Open Stock
Place Setting
Plate Service
Reception
Service Plate
Tableware
Vacuum Bottle

Learning Goal 1

Students will demonstrate knowledge of shopping skills.

CRP.K-12.CRP2

Apply appropriate academic and technical skills.

FCSE.9-12.3.3.1

Explain the effects of the economy on personal income, individual and family security, and consumer decisions.

FCSE.9-12.8.4

Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.

FCSE.9-12.8.4.1	Use computer-based menu systems to develop and modify menus.
FCSE.9-12.8.4.2	Apply menu-planning principles to develop and modify menus.
FCSE.9-12.8.4.5	Prepare requisitions for food, equipment, and supplies to meet production requirements.
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.

Target 1

Identify steps in planning for grocery shopping and ways of getting the most for their money.

Target 2

Explain the benefits of planning meals.

Target 3

Explain how to create and manage a food budget.

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/reci>