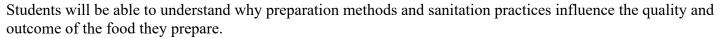
# **Unit 02: Food Preparation**

Content Area: Family and Consumer Science
Course(s): Family & Consumer Science II

Time Period: 5 weeks
Length: Weeks
Status: Published

#### **Unit Overview**



# **Transfer**

Students will be able to independently use their learning to:

-Demonstrate knowledge of the nutrient content of foods from various food groups and prepare examples using appropriate methods and safety/sanitation procedures.

### Meaning

# **Understandings**

Students will understand:

- -Fruit and vegetable identification, selection, storage and preparation.
- -Cereal and legume identification, selection, storage and preparation.
- -Dairy and egg identification, selection, storage and preparation.
- -Meat and poultry identification, selection, storage and preparation.

-How the preparation methods and sanitation practices one uses influences the quality and outcome of the food one prepares.
Application of Knowledge and Skill
Students will know
Students will know:
-How to identify, select, store and prepare fruits and vegetables.
-now to identify, select, store and prepare fruits and vegetables.
-How to identify, select, store and prepare truits and vegetables.  -How to identify, select, store and prepare grains and legumes.
-How to identify, select, store and prepare grains and legumes.
-How to identify, select, store and prepare grains and legumesHow to identify, select, store and prepare dairy and eggs.
-How to identify, select, store and prepare grains and legumesHow to identify, select, store and prepare dairy and eggs.
-How to identify, select, store and prepare grains and legumesHow to identify, select, store and prepare dairy and eggs.
-How to identify, select, store and prepare grains and legumes.  -How to identify, select, store and prepare dairy and eggs.  -How to identify, select, store and prepare meat and poultry.  Students will be skilled at
<ul> <li>-How to identify, select, store and prepare grains and legumes.</li> <li>-How to identify, select, store and prepare dairy and eggs.</li> <li>-How to identify, select, store and prepare meat and poultry.</li> </ul>
-How to identify, select, store and prepare grains and legumes.  -How to identify, select, store and prepare dairy and eggs.  -How to identify, select, store and prepare meat and poultry.  Students will be skilled at
-How to identify, select, store and prepare grains and legumes.  -How to identify, select, store and prepare dairy and eggs.  -How to identify, select, store and prepare meat and poultry.  Students will be skilled at
-How to identify, select, store and prepare grains and legumes.  -How to identify, select, store and prepare meat and poultry.  Students will be skilled at  Students will be skilled at:

-Identifying, selecting, storing and preparing meat and poultry.

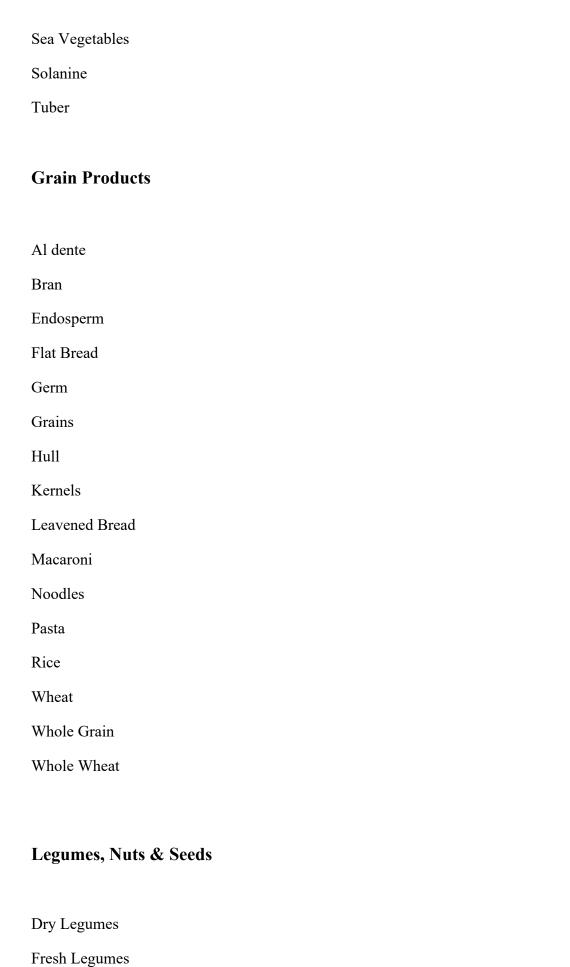
**Essential Questions** 

# **Academic Vocabulary** Fruits Drupes **Enzymatic Browning** Enzyme Fritters Fruit Immature Fruit Mature Fruit Pomes Produce Reconstituting Ripe Fruit Savory Trifle Underripe Fruit Zest Vegetables Aromatic Vegetables

Carrageen

Cooking Greens

Salad Greens



Legumes
Nuts
Seeds
Tofu
Dairy Foods
Curdling
Curds
Foam
Fresh Cheese
Homogenized
Nonfat Milk Solids
Pasteurized
Raw Milk
Ripened Cheese
Scalded Milk
Scorehing
Tempering
Whey
Yogurt
East
Eggs
A. C. 11
Air Cell
Albumen

Hilum

Coagulate	
Custard	
Emulsifier	
Fritatta	
Meringue	
Omelet	
Quiche	
Shirred Eggs	
Soft Peaks	
Souffle	
Stiff Peaks	
Weep	
Yolk	
Meat	
Meat	
Meat Cold Cuts	
Cold Cuts	
Cold Cuts Collagen	
Cold Cuts Collagen Connective Tissue	
Cold Cuts Collagen Connective Tissue Cut	
Cold Cuts Collagen Connective Tissue Cut Doneness	
Cold Cuts  Collagen  Connective Tissue  Cut  Doneness  Elastin	
Cold Cuts Collagen Connective Tissue Cut Doneness Elastin Grain	
Cold Cuts  Collagen  Connective Tissue  Cut  Doneness  Elastin  Grain  Marbling	

Beading

Chalazae

Processed Meats
Retail Cuts
Variety Meats
Wholesale Cuts

# Poultry

Muscle

Giblets

Myoglobin

Poultry

Truss

# **Learning Goal 1**

Students will demonstrate knowledge of the nutrient content of foods from the various food groups and prepare examples using appropriate methods and safety/sanitation procedures.

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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.9-12.8.3.2	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.9-12.8.4.7	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	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
FCSE.9-12.8.5.1	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.9-12.8.5.8	Prepare various salads, dressings, marinades, and spices 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.
FCSE.9-12.9.3.5	Analyze recipe/formula proportions and modifications for food production.
FCSE.9-12.9.5.3	Prepare food for presentation and assessment.

**Target 1**Identify fruits and vegetable types, selection, storage and preparation.

Identify grain and legume types, selection, storage and preparation.
Target 3
Identify dairy and egg types, selection, storage and preparation.
Target 4
Identify meat and poultry types, selection, store and preparation.
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

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

Self-Assessment

#### **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

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