

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

Students will be able to understand why preparation methods and sanitation practices influence the quality and outcome of the food they prepare.

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.

Essential Questions

Students will keep considering:

-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.
- 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...

Students will be skilled at:

- Identifying, selecting, storing and preparing fruits and vegetables.
- Identifying, selecting, storing and preparing grains and legumes.
- Identifying, selecting, storing and preparing dairy and eggs.
- Identifying, selecting, storing and preparing meat and poultry.

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

Sea Vegetables

Solanine

Tuber

Grain Products

Al dente

Bran

Endosperm

Flat Bread

Germ

Grains

Hull

Kernels

Leavened Bread

Macaroni

Noodles

Pasta

Rice

Wheat

Whole Grain

Whole Wheat

Legumes, Nuts & Seeds

Dry Legumes

Fresh Legumes

Hilum

Legumes

Nuts

Seeds

Tofu

Dairy Foods

Curdling

Curds

Foam

Fresh Cheese

Homogenized

Nonfat Milk Solids

Pasteurized

Raw Milk

Ripened Cheese

Scalded Milk

Scorching

Tempering

Whey

Yogurt

Eggs

Air Cell

Albumen

Beading
Chalazae
Coagulate
Custard
Emulsifier
Frittata
Meringue
Omelet
Quiche
Shirred Eggs
Soft Peaks
Souffle
Stiff Peaks
Weep
Yolk

Meat

Cold Cuts
Collagen
Connective Tissue
Cut
Doneness
Elastin
Grain
Marbling
Meat

Muscle

Processed Meats

Retail Cuts

Variety Meats

Wholesale Cuts

Poultry

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.

CRP.K-12.CRP2	Apply appropriate academic and technical skills.
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.9-12.2.1.2	Analyze how individuals and families make choices to satisfy needs and wants.
FCSE.9-12.2.1.3	Analyze decisions about providing safe and nutritious food for individuals and families.
FCSE.9-12.5.2.3	Manage use of supplies.
FCSE.9-12.5.3	Demonstrate sanitation procedures for a clean and safe environment.
FCSE.9-12.5.5	Demonstrate a work environment that provides safety and security.
FCSE.9-12.5.5.3	Demonstrate safe procedures in the use, care, and storage of equipment.
FCSE.9-12.8.2	Demonstrate food safety and sanitation procedures.
FCSE.9-12.8.2.2	Employ food service management safety/sanitation program procedures, including CPR and first aid.
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.9-12.8.3.2	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.

Target 2

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

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>