

# 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

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

## Transfer

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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

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## Understandings

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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**

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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**

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

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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...**

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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**

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### **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**

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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**

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Identify fruits and vegetable types, selection, storage and preparation.

## **Target 2**

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Identify grain and legume types, selection, storage and preparation.

### **Target 3**

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Identify dairy and egg types, selection, storage and preparation.

### **Target 4**

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Identify meat and poultry types, selection, store and preparation.

### **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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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**

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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>