

Unit 1: Kitchen Basics

Content Area: **Family and Consumer Science**
Course(s): **Advanced Foods**
Time Period: **Week**
Length: **3 Weeks**
Status: **Published**

Unit Overview

Students will be able to understand how their skills previously learned in FACS I , FACS II and Single Survival classes 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.
- 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 FACS I, FACS II or Single Survival classes 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 number of people being served.
- Kitchen tools identification and function.
- 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.
- Practicing safety and sanitation procedures in the cooking lab and at home.
- Identifying and using kitchen tools and appliances accurately.
- Identifying recipe terms.
- Navigating a recipe.
- Applying food lab rules and procedures in cooking lab situations.

Academic Vocabulary

Chapter 9

| | | |
|----------------|-------------------|------------|
| whisk | porcelain finish | cassserole |
| stockinette | nonstick finish | |
| serrated blade | saucepan | |
| tang | pot | |
| French knife | double boiler | |
| colander | pressure saucepan | |
| pitting | springform pan | |

Chapter 12

| | |
|--------------|--------------------|
| recipe | standing time |
| yield | hot spot |
| cooking time | arcing |
| watt | time-work schedule |
| dehydration | dovetail |

Target 2

SWBAT recognize common recipe terms, navigate a recipe, and demonstrate recipe conversion and timing.

- SWBAT recognize common recipe terms, navigate a recipe, and demonstrate recipe conversion and timing.

Summative Assessment

Presentations

Portfolios

Production assignments/labs

Projects

Unit test

Formative Assessment and Performance Opportunities

Chapter review questions

Exit tickets

Homework

Class discussion

Internet activities

Section review questions

Class participation

Self-Assessment

Teacher directed Q & A

Computer simulation activities

Workbook activities

Teacher observation

Accommodations/Modifications

- Provide additional online resources such as videos and tutorials to help students recall basic kitchen

skills

- color code tools for easy access to low/non-readers or ELLs

Unit Resources

Guide to Good Food - textbook

Guide to Good Food - student workbook

Guide to Good Food - Re-teaching activities

CD/DVD/VHS/TV

Food Network's Good Eats - Alton Brown

Food Network's Unwrapped - Marc Summers

Food Network's Ace of Cakes

Super Size Me

Internet

www.google.com

www.choosemyplate.gov

www.myfitnesspal.com

www.cdc.gov

www.Food.com

<http://topsecretrecipes.com>

<http://bettycrocker.com>

