

# Unit 6: Kitchen Basics

Content Area: **Family and Consumer Science**  
Course(s): **Single Survival**  
Time Period: **2 weeks**  
Length: **Weeks**  
Status: **Published**

## Unit Overview

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Students will be able to understand why their success in the kitchen depends on proper and safe use of kitchen equipment and tools.

## Transfer

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Students will be able to independently use their learning to:

-Properly and safely use kitchen equipment and tools.

## Meaning

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## Understandings

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Students will understand:

- Safety and sanitation procedures in the cooking lab and home
- Identification and use of kitchen tools accurately
- Recipe terms
- Navigating a recipe
- The application of food lab rules and procedures in cooking lab situations
- Evaluation of kitchen designs for convenience of work centers and work triangles
- The use and care of kitchen tools and equipment

## **Essential Questions**

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Students will keep considering...

-What the impact on one's success in the kitchen will be if properly and safely using common kitchen equipment and tools.

## **Application of Knowledge and Skill**

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

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Students will know:

- Safety and sanitation procedures in the cooking lab and home
- Kitchen tools identification and correct usage
- Recipe terms
- How to navigate a recipe
- Food lab rules and procedures in cooking lab situations
- Kitchen designs for convenience of work centers and work triangles
- The use and care of kitchen tools and equipment

### **Students will be skilled at...**

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Students will be skilled at:

- Practicing safety and sanitation procedures in the cooking lab and home
- Identifying and using kitchen tools accurately
- Identifying recipe terms
- Navigating a recipe
- Applying food lab rules and procedures in cooking lab situations
- Evaluating kitchen designs for convenience of work centers and work triangles
- Using and caring for kitchen tools and equipment

## **Academic Vocabulary**

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### **Food Safety and Sanitation**

Bioterrorism

Cross-contaminants

Foodborne Illness

Food Safety

Freezer Burn

Internal Temperature

Irradiation

Microorganisms

Personal Hygiene

Rancidity

Recall

Sanitation

Spores

Tolerance

Toxins

20-second scrub

## **Accident Prevention**

Carbon Monoxide

Cardiopulmonary Resuscitation

Abdominal Thrust

Polarized Plu

## **Learning Goal 1**

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Students will demonstrate knowledge of food and kitchen safety practices and procedures

- Students will demonstrate knowledge of food and kitchen safety practices and procedures

TECH.K-12.1.1 Empowered Learner

TECH.K-12.1.2 Digital Citizen

TECH.K-12.1.3 Knowledge Constructor

TECH.K-12.1.4 Innovative Designer

TECH.K-12.1.5 Computational Thinker

TECH.K-12.1.6 Creative Communicator

TECH.K-12.1.7 Global Collaborator

CRP.K-12.CRP1 Act as a responsible and contributing citizen and employee.

CRP.K-12.CRP2 Apply appropriate academic and technical skills.

CRP.K-12.CRP4 Communicate clearly and effectively and with reason.

CRP.K-12.CRP5 Consider the environmental, social and economic impacts of decisions.

CRP.K-12.CRP8 Utilize critical thinking to make sense of problems and persevere in solving them.

FAM.9-12.8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention.

FAM.9-12.8.2.2 Employ food service management safety/sanitation program procedures, including CPR and first aid.

FAM.9-12.8.2.3 Use knowledge of systems for documenting, investigating, reporting, and preventing food

	borne illness.
FAM.9-12.8.2.5	Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness.
FAM.9-12.8.2.6	Demonstrate proper purchasing, receiving, storage, and handling of both raw and prepared foods.
FAM.9-12.8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.
HOSP.9-12.9.4.12.I.(1).1	Use basic reading, writing, and mathematical skills to provide food production and services to ensure a positive guest/customer experience.
HOSP.9-12.9.4.12.I.(1).3	Demonstrate listening, writing, and speaking skills to enhance guest/customer satisfaction.
HOSP.9-12.9.4.12.I.(1).8	Demonstrate knowledge of safety and sanitation procedures used in this industry and apply these procedures to maintain safe environments.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.
HOSP.9-12.9.4.12.I.17	Listen to and speak with diverse individuals to enhance communication skills.

## Target 1

Identify and practice safety and sanitation procedures in the cooking lab and home

- Identify and practice safety and sanitation procedures in the cooking lab and home

## Learning Goal 2

Students will demonstrate knowledge of proper use of food preparation equipment and techniques.

- Students will demonstrate knowledge of proper use of food preparation equipment and techniques.

TECH.K-12.1.1	Empowered Learner
TECH.K-12.1.2	Digital Citizen
TECH.K-12.1.3	Knowledge Constructor
TECH.K-12.1.4	Innovative Designer
TECH.K-12.1.5	Computational Thinker
TECH.K-12.1.6	Creative Communicator
TECH.K-12.1.7	Global Collaborator
CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.

FAM.9-12.8.3.1	Operate tools and equipment following safety procedures and OSHA requirements.
FAM.9-12.8.3.2	Maintain tools and equipment following safety procedures and OSHA requirements.
FAM.9-12.8.3.3	Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils to meet industry standards and OSHA requirements.
FAM.9-12.8.3.5	Demonstrate procedures for safe and secure storage of equipment and tools.
FAM.9-12.8.3.6	Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.
HOSP.9-12.9.4.12.I.(1).1	Use basic reading, writing, and mathematical skills to provide food production and services to ensure a positive guest/customer experience.
HOSP.9-12.9.4.12.I.(1).3	Demonstrate listening, writing, and speaking skills to enhance guest/customer satisfaction.
HOSP.9-12.9.4.12.I.(1).8	Demonstrate knowledge of safety and sanitation procedures used in this industry and apply these procedures to maintain safe environments.
HOSP.9-12.9.4.12.I.12	Use correct grammar, punctuation, and terminology to write and edit documents.
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## Target 1

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Identify and use kitchen tools accurately

- Identify and use kitchen tools accurately

## Target 2

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Identify recipe terms

- Identify recipe terms

## Target 3

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Navigate a recipe

- Navigate a recipe

## Target 4

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Apply food lab rules and procedures in cooking lab situations

- Apply food lab rules and procedures in cooking lab situations

## Proficiency Scale

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## **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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- Provide alternate labeling for struggling readers.
- Pair students when accurating is critical in a recipe
- Code code ingredients in the recipe with the actual ingredient container
- Provide how to videos
- Additional supervision for use of sharps and heating equipment.

## **Unit Resources**

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### **Textbooks and Workbooks**

*Food for Today* – textbook

*Food for Today* – student workbook

*Food for Today* – Re-teaching activities

### **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*



## **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>