

Unit 7: The Art of Cooking

Content Area: **Family and Consumer Science**
Course(s): **Single Survival**
Time Period: **1 week**
Length: **Weeks**
Status: **Published**

Unit Overview

Students will be able to understand why their success in the kitchen depends on precisely measuring, reading and following directions.

Transfer

Students will be able to independently use their learning to:

- Become successful in the kitchen by precisely measuring, reading and following directions.

Meaning

Understandings

Students will understand:

- Effective recipe writing.
- Preparation techniques.
- The three main ways of cooking food.

Essential Questions

Students will keep considering...

- The impact on one's success in the kitchen by precisely measuring and following procedures based on

scientific principle.

Application of Knowledge and Skill

Students will know...

Students will know:

- How and why a recipe might be modified
- Choice and use of appropriate tools and methods for measuring different types of foods
- Safe and efficient cutting techniques
- The heat transfer processes
- How different cooking methods affect food quality and nutrition

Students will be skilled at...

Students will be skilled at...

- Modifying recipes
- Choosing and using appropriate tools and methods for measuring different types of foods
- Efficient cutting techniques
- Using various heat transfer processes
- Cooking methods and how they affect food quality and nutrition

Academic Vocabulary

Using Recipes

Customary System

Equivalent

High-Altitude cooking

Metric System

Recipe

Volume

Weight

Yield

Preparation Techniques

Coating

Mixing

Cutting

Tearing

Cooking Methods

Arcing

Conduction

Convection

Cooking power

Dry-heat cooking

Maillard reaction

Microwave time

Microwaving

Moist-heat cooking

Radiation

Sear

Smoking point

Standing time

Wok

Developing a Work Plan

Dovetail

Pre-preparation

Teamwork

Timetable

Work Plan

Learning Goal 1

Students will demonstrate knowledge of effective recipe writing.

- Students will demonstrate knowledge of effective recipe writing.

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.CRP2

Apply appropriate academic and technical skills.

CRP.K-12.CRP4

Communicate clearly and effectively and with reason.

CRP.K-12.CRP8

Utilize critical thinking to make sense of problems and persevere in solving them.

CRP.K-12.CRP11

Use technology to enhance productivity.

FAM.9-12.8.2

Demonstrate food safety and sanitation procedures.

FAM.9-12.8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.
FAM.9-12.8.4	Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.
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.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

Evaluate the clarity and completeness of a recipe

- Evaluate the clarity and completeness of a recipe

Target 2

Explain how and why a recipe might be modified

- Explain how and why a recipe might be modified

Learning Goal 2

Students will demonstrate knowledge of preparation techniques.

- Students will demonstrate knowledge of preparation 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.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
FAM.9-12.8.3	Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.

FAM.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.
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.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

Choose and use appropriate tools and methods for measuring different types of foods

- Choose and use appropriate tools and methods for measuring different types of foods

Target 2

Demonstrate safe and efficient cutting techniques

- Demonstrate safe and efficient cutting techniques

Learning Goal 3

Students will demonstrate knowledge of proper cooking methods.

- Students will demonstrate knowledge of proper cooking methods.

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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.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP11	Use technology to enhance productivity.
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FAM.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.
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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.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

Compare different heat transfer processes

- Compare different heat transfer processes

Target 2

Describe how different cooking methods affect food quality and nutrition

- Describe how different cooking methods affect food quality and nutrition

Proficiency Scale

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

- Provide time for additional practice with measurements
- one on one modeling of cooking techniques
- Pair students for recipe writing

Unit Resources

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

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>