

# Unit 9: Food Preparation

Content Area: **Family and Consumer Science**  
Course(s): **Single Survival**  
Time Period: **7 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.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.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.
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.
FAM.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.
FAM.9-12.8.5.5	Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.
FAM.9-12.8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.

FAM.9-12.8.5.8	Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.
FAM.9-12.8.5.11	Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.
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.19	Employ critical thinking skills (e.g., analyze, synthesize, and evaluate) independently and in teams to solve problems and make decisions.
HOSP.9-12.9.4.12.I.21	Identify, write, and monitor performance goals to guide progress in assigned areas of responsibility and accountability.
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
	All clusters rely on effective oral and written communication strategies for creating, expressing, and interpreting information and ideas that incorporate technical terminology and information.
	Effective leadership and teamwork strategies foster collaboration and cooperation between business units, business partners, and business associates toward the accomplishment of organizational goals.
	Implementation of health, safety, and environmental management systems and organizational policies and procedures impacts organizational performance, regulatory compliance, and continuous improvement.
	Technical knowledge and skills play a role in all careers within the cluster and pathway.

## **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.

## **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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- Frequently, reinforce safety procedures for the kitchen ( especially important for ELLs)
- Use reading level appropriate directions/recipes
- Color code cooking tools to provide visual reinforcement

### **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>