

# Unit 8: Food Decisions

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

## Unit Overview

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Students will be able to understand why comparison shopping is important in planning healthy, appealing meals.

## Transfer

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Students will be able to independently use their learning to:

- Demonstrate knowledge of shopping skills.

## Meaning

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## Understandings

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Students will understand:

- The steps in planning for grocery shopping and ways to get the most for their money.
- The benefits of planning meals.
- How to create and manage a food budget.

## Essential Questions

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Students will keep considering:

-The recommendations that can be made to assist in comparison shopping and getting the most for one's money when purchasing groceries to create healthy, appealing meals.

## **Application of Knowledge and Skill**

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

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Students will know:

- How to plan for grocery shopping and ways to get the most for their money.
- Why there are benefits in planning meals.
- Why there is a need to create and manage a food budget.

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

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Students will be skilled at:

- Planning for grocery shopping and getting the most for their money.
- Planning meals.
- Creating and managing a food budget.

## **Academic Vocabulary**

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### **Meal Planning**

Budget

Bulk Foods

Commodities

Convenience Foods

Multiple Roles

Scratch Cooking

Speed-Scratch Cooking

Staples

## **Shopping For Food**

Code Dating

Comparison Shopping

Food Cooperative

Impulse Buying

Natural Foods

Open Dating

Organic Foods

Perishable Foods

Rebate

Sell-by Date

Store Brands

Unit Price

Universal Product Code

Use-by Date

## **Serving Food**

Appetizer  
Buffet  
Canapes  
Cover  
Crystal  
Family Service  
Flatware  
Formal Service  
Holloware  
Hors d'oeuvres  
Modified English Service  
Open Stock  
Place Setting  
Plate Service  
Reception  
Service Plate  
Tableware  
Vacuum Bottle

## **Learning Goal 1**

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Students will demonstrate knowledge of shopping skills.

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.CRP5	Consider the environmental, social and economic impacts of decisions.

CRP.K-12.CRP6	Demonstrate creativity and innovation.
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.
CRP.K-12.CRP11	Use technology to enhance productivity.
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.9-12.8.4.1	Use computer based menu systems to develop and modify menus.
FAM.9-12.8.4.2	Apply menu-planning principles to develop and modify menus.
FAM.9-12.8.4.6	Record performance of menu items to analyze sales and determine menu revisions.
FAM.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.
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).5	Research costs, pricing, and market demands, as well as effective marketing strategies used in the pathway, to manage business profitability.
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.
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
	Technology is used to access, manage, integrate, and disseminate information.
	All clusters rely on effective oral and written communication strategies for creating, expressing, and interpreting information and ideas that incorporate technical terminology and information.

## **Target 1**

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Identify steps in planning for grocery shopping and ways of getting the most for their money.

## **Target 2**

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Explain the benefits of planning meals.

### **Target 3**

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Explain how to create and manage a food budget.

### **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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- Modify reading level for struggling readers and ELLs
- Pair students to help with decisions
- be mindful of family situations such as low income.
- reinforce nutrition in decisions

## **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/reci>