

# Salads & Sandwiches

Content Area: **21st Century Life & Careers**  
Course(s): **Generic Course**  
Time Period: **Marking Period 4**  
Length: **4 Weeks**  
Status: **Published**

## Unit Introduction

---

## Standards

---

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.1	Demonstrate language arts knowledge and skills required to pursue the full range of postsecondary education and career opportunities.
HOSP.9-12.9.4.12.I.11	Evaluate and use information resources to accomplish specific occupational tasks.
HOSP.9-12.9.4.12.I.15	Apply active listening skills to obtain and clarify information.
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.39	Demonstrate knowledge of personal and jobsite safety rules and regulations to maintain safe and healthful working conditions and environments.
HOSP.9-12.9.4.12.I.56	Employ teamwork skills to achieve collective goals and use team members' talents effectively.

## Essential Questions

---

What are the main components of a salad?

Can you identify different types of salads?

Are all salads nutritious?

What are the main components of a sandwich?

What are the different types of sandwiches?

How can sandwiches be part of your diet?

## Content / Skills

---

Students will understand the components which make up a sandwich

Compare the economical advantage of preparing a sandwich rather than purchasing one

List the different parts of a sandwich

Understand the different types of salads

Learn that not all salads are part of a healthy diet

Employ proper sanitation methods when working with salad ingredients

Prepare a variety of sandwiches and design their own unique sandwich concept

Demonstrate how to clean lettuce leaves

Prepare a variety of salads