

Eggs & Dairy

Content Area: **21st Century Life & Careers**
Course(s): **Generic Course, Life Skills**
Time Period: **Marking Period 3**
Length: **4 Weeks**
Status: **Published**

Unit Introduction

Standards

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.55	Employ organizational skills to foster positive working relationships and accomplish organizational goals.
HOSP.9-12.9.4.12.I.56	Employ teamwork skills to achieve collective goals and use team members' talents effectively.

Essential Questions

What role do eggs play in a healthy diet?

What function do eggs have in recipes?

What are the nutritional benefits of consuming dairy products?

How can we incorporate more dairy products into our diet?

Content / Skills

Explain the nutritional value of eggs

Discuss the function and use of eggs in various recipes

List the different types of milk products available; selection /rationale for use in recipes

Students will understand the nutritional different of whole milk and lower fat varieties of dairy products

Students will practice principles that apply to cooking with eggs

Prepare a variety of recipes utilizing eggs

Demonstrate the use of dairy products in cooking