

Week	Family & Consumer Science FOODS I Quarter One	Week	Quarter Three
1	Safety & Sanitation, Cooking Methods		
2	Common Kitchen Terms, Recipe & Measurement		
3	Baking & Quick Breads		
4	Table Setting & Manners, Convenience Foods, Nutrition		
5	Grains		
6	Fruits & Vegetables		
7	Eggs, Milk/Milk Products/Turkey		
8	Cookies & Crepes		
9	Regional Foods		
10	Regional Foods Final Examination Review		
Week	Quarter Two	Week	Quarter Four
11		31	
12		32	
13		33	
14		34	
15		35	
16		36	
17		37	
18		38	
19		39	
20		40	

Time Frame	4-5 Days						
Topic							
Safety in the Kitchen							
Essential Questions							
<ul style="list-style-type: none"> • How do you extinguish a grease fire? When do you call for help? • What is the safest way to clean up and dispose of broken glass? • Is there a logical way to wash dishes, or to clean the kitchen? Why? • How does food preparation keep you healthy and safe? • Why is a sharp knife safer than a dull knife? 							
Enduring Understandings							
<ul style="list-style-type: none"> • Students can distinguish safety hazards in the kitchen. • Students know how to prevent kitchen accidents and fires. • Harmful bacteria in food cause food borne illness. • A clean, organized kitchen is a safe kitchen. • Anticipate and know what to do when things go wrong. 							
Alignment to NJCCCS							
HPE.2.1.12.D.CS2							
Key Concepts and Skills							
<ul style="list-style-type: none"> • Food safety terminology – i.e., foodborne illness, bacteria, cross contamination, the danger zone, perishable, sanitation, contaminant • Kitchen safety terminology – flammable, poison control, fire extinguisher, fire blanket, baking soda (as a method to extinguish flames). 							
Learning Activities							
<ul style="list-style-type: none"> • Study Guides: Safety • Safeguarding the Family’s Health; Guide to Good Food, Chapter 6; Introduction to Safety DVD • Demonstrations – Proper Hand Washing, Sequential Dish Washing, Safe Kitchen Practices, How to extinguish a grease fire • DVD: Intro to Kitchen Safety • Activities: Identify dangerous tools or situations as potential sources of injury (cuts, burns, and falls). Practice using tools and equipment safely. • Labs: Mini-Pizza, Monkey Bread, Coffee Cake, Cheese Quesadillas 							
Assessments							
<ul style="list-style-type: none"> • Student participation in lab work and in completing study guides • Quizzes and Final Examination 							
21st Century Skills							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills		Information Literacy		Media Literacy		
Interdisciplinary Connections							
Math, Science, Reading, Geography, History							
Technology Integration							
Using Chrome Books as appropriate, Fire Blanket, Fire Extinguisher, Kitchen tools and equipment							

Time Frame	4-5 Days						
Topic							
Cooking Methods							
Essential Questions							
<ul style="list-style-type: none"> • How do the tools used to prepare foods affect the outcome of the food? • When does the type of pot (or pan) and the size really matter? • Why spend more on major appliances? • Does it matter if you use a dark or a light baking sheet? 							
Enduring Understandings							
<ul style="list-style-type: none"> • Baking is a science; cooking is an art. • Choosing tools, appliances and equipment properly will make food preparation convenient. • Home prepared and cooked meals are more cost effective and nutritious than dining out. 							
Alignment to NJCCCS							
CAEP.9.2.12.C.3 CRP.K-12.CRP4.1							
Key Concepts and Skills							
<ul style="list-style-type: none"> • Knives: French or Chef knife, serrated knife, utility knife, paring knife, honing tool • Pots/Pans – Aluminum, Stainless Steel, or Cast Iron; skillet, fry pan, double boiler, non-stick finish, double boiler, casserole, spring form pan • Terms: Warranty, Service Contract, EnergyGuide Label, Downdraft Vent, Microwave, 							
Learning Activities							
<ul style="list-style-type: none"> • Study Guides: Kitchen Utensils, Choosing Kitchen Appliances, Small Equipment Identification • Lab Practice – Mini-Pizza, Monkey Bread, Cream Cheese Coffee Cake, Cheese Quesadillas 							
Assessments							
<ul style="list-style-type: none"> • Student participation in lab work and in completing study guides • Quizzes and Final Examination 							
21st Century Skills							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills		Information Literacy		Media Literacy		
Interdisciplinary Connections							
Math, Science, Reading, Geography, History							
Technology Integration							
Using Chrome Books as appropriate Kitchen tools and equipment							

Time Frame	4-5 Days						
Topic							
Common Kitchen Terms Recipe & Measurement							
Essential Questions							
<ul style="list-style-type: none"> • How does the cut of a vegetable affect the outcome of the recipe? • Kitchen fundamentals make working systematic. Why is this important? 							
Enduring Understandings							
<ul style="list-style-type: none"> • Recipes use a variety of terms to describe exactly to handle ingredients. • Baking and Cooking Terms identify various ways to mix, cut and cook or bake. 							
Alignment to NJCCCS							
CAEP.9.2.12.C.9 CAEP.9.2.12.C.3							
Key Concepts and Skills							
<ul style="list-style-type: none"> • Knowing how to choose and read recipes; Being familiar with abbreviations and cooking terms. • Knowing how to adjust the yield of a recipe; Measuring and equivalents 							
Learning Activities							
<ul style="list-style-type: none"> • Textbook guides: Common Kitchen Terms Getting Started in the Kitchen, Measurements, Measuring Match <ul style="list-style-type: none"> ○ Make and eat various baked goods – homemade baking mix, biscuits, pancakes ○ Prepare vegetables for cooking • DVD – Good Eats, Alton Brown, Flour Power – The Dough Also Rises 							
Assessments							
<ul style="list-style-type: none"> • Student participation in lab work and in completing study guides • Quizzes and Final Examination 							
21st Century Skills							
X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills		Information Literacy		Media Literacy		
Interdisciplinary Connections							
Math, Science, Reading, Geography, History							
Technology Integration							
Using Chrome Books as appropriate Kitchen tools and equipment							

Time Frame	4-5 Days		
Topic			
Table Setting & Manners			
Essential Questions			
<ul style="list-style-type: none"> • What are the types of tableware? What factors determine their cost and durability? • What guidelines determine how to set a table? What are table appointments? What are the 			

criteria for a good centerpiece?

Enduring Understandings

- Dining is a human experience. Meals prepared with attention should be served with attention.
- Fast food restaurants meet a contemporary need; dining is an enduring family and social practice.

Alignment to NJCCCS

CAEP.9.2.12.C.3
CRP.K-12.CRP4.1

Key Concepts and Skills

Table Appointment terms: dinnerware, flatware, beverage ware, hollowware, table linens

Learning Activities

Textbook guides: Table Appointments, Meal Service & Table Manners
Demonstrate formal and informal settings; practice daily proper appointments

Assessments

Student participation in lab work and in completing study guides
Quizzes and Final Examination

21st Century Skills

X	Creativity		Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills		Information Literacy		Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate
Kitchen tools and equipment

Time Frame | 4-5 Days

Topic

Nutrition

Essential Questions

- Describe how food relieves hunger and improves wellness – and what are the cultural, social and psychological influences on food choices?
- What are some factors that affect the food supply?

Enduring Understandings

- Hunger is the physical need for food, which stimulates appetite, which is a psychological desire to eat.
- Wellness is the state of being in general good health, mentally and socially.
- Stress is mental tension caused by change.
- Nutrients are divided into six groups: carbohydrates, fats, proteins, vitamins, minerals and water.

Alignment to NJCCCS

HPE.2.1.12.B.2
HPE.2.1.12.B.1

HPE.2.1.12.B.3

Key Concepts and Skills

- Cultural factors like national origin, religion and holidays affect food choices. Social factors, such as family, friends, mass media and food product trends impact choices. Psychological factors like past events and emotions can impact choices.
- Government agencies set guidelines and inspect facilities to protect the safety of food.
- Technology influences the nutrient content, availability and safety of the food supply.

Learning Activities

Textbook guides: Nutritional Needs, Nutrient Sources & Functions

Lab – compare whole grain products to processed; how do aromas influence opinion

Assessments

Student participation in lab work and in completing study guides

Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate

Kitchen tools and equipment

Time Frame 4-5 Days**Topic****Convenience Foods****Essential Questions**

How does income determine meal planning?

How does income influence who the meal manager is?

Enduring Understandings

A meal manager's available time and energy affect the family food budget.

Food preferences affect spending.

Buying convenience foods may enable the meal manager to serve a more healthy meal that what might be consumed if dining out.

Alignment to NJCCCS

CAEP.9.2.12.C.9

CAEP.9.2.12.C.4

Key Concepts and Skills

Factors determining the amount of money spent on food include family income, the meal manager's ability to choose nutritious foods within the budget, the amount of time the meal manager has to prepare nutritious meals and the family food preferences and values.

Learning Activities

- Textbook guide: Choosing Convenience Foods
- Using homemade baking mix prepare biscuits, ©Bisquick's Zucchini Bake

Assessments

Student participation in lab work and in completing study guides
Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication		Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate
Kitchen tools and equipment

Time Frame 4-5 Days

Topic

Baking & Quick Breads

Essential Questions

- How do you store baked products? What are baked products? How do you buy them?
- What factors influence the cost of baked products? What are some ways to increase the nutritional value of baked products? What is the difference between quick breads and yeast breads?
- How does muffin preparation differ from biscuit? What do they have in common?

Enduring Understandings

- Bread is a part of every culture. Traditions include breads be served at meals.
- Breads can be made from processed or whole grain flours.
- The ingredients to make bread include flour, liquid, fat, eggs, salt and sugar. The amounts and types distinguish one product from another.
- Food science principles are demonstrated in the making/baking of bread.
- Gluten gives elasticity and strength to batters and doughs.

Alignment to NJCCCS

MA.K-12.4.1

LA.9-12.2.9-10.1

LA.9-12.W.PE.H.MS.1.2.1

Key Concepts and Skills

- Identify the differences between whole grain and processed flours.
- Describe the differences and similarities in making quick breads and yeast breads.
- Terms: batter, dough, leavening agents, gluten, baking powder, baking soda

Learning Activities

- Textbook guides: Characteristics of Quick Bread/Functions of Ingredients
- Demonstrate biscuit making. Demonstrate muffin making.

- Muffin lab, Corn Bread, Pumpkin Bread, Banana Bread

Assessments

Student participation in lab work and in completing study guides
Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as applicable

Time Frame 4-5 Days

Topic

Grains

Essential Questions

- What is the protein found in most grains?
- Fiber is an important ingredient in whole grains, but why?
- What are the three parts of a grain kernel?
- How does cooking rice differ from cooking pasta? What are they types of rice and pasta?
- How does heat and liquids affect starches?

Enduring Understandings

- Grains, especially whole grains, should make up the largest part of our diet. Know how to buy, store and prepare grains to maximize their nutritional value. Each of the three parts of a grain contributes important nutrients to our diet. Culturally, grains have always been an important part of the daily meals.
- Lesser known grains are making a return to mainstream meal managers. Examples include quinoa, rye berries, spelt berries and wild rice.

Alignment to NJCCCS

HPE.2.1.1.12.B.3
HPE.2.1.2.B.1

Key Concepts and Skills

- Recognize the difference between whole grains and processed, enriched products.
- Identify how using nutrition labels when shopping for grain products is a valuable tool.
- Recognize how cooking processes affect rice and pasta nutritional values.
- Use the skills of convenience foods to make and store your own grain products.

Learning Activities

Text book guides: Cooking Rice & Pasta, The Kernel of Truth about Grains, Grains & Grain Products
DVD: Good Eats, Alton Brown. Breakfast Eats: Oat Cuisine
Labs: Pasta Primavera, Mac'n'Cheese, Stir Fry Rice

Assessments

- Student participation in lab work and in completing study guides
- Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate
Kitchen tools and equipment

Time Frame | 4-5 Days

Topic

Fruits & Vegetables

Essential Questions

- How are vegetables & fruits purchased? What is the “best” choice? Is there a nutritional difference in fresh, frozen or canned fruits & vegetables?
- What are the qualities and characteristics of quality fruits & vegetables?
- How do you identify a ripe fruit? Vegetable?
- How does a meal manager select, store and prepare fresh fruits and vegetables to maximize nutritional value and economic investment?

Enduring Understandings

- Fruits and vegetables are the edible part of a plant.
- Fruits and vegetables add color, flavor, nutrients and fun to the daily diet.
- Fruits and vegetables in season are highest in nutritional value, quality and economic value.
- Purchasing locally grown produce supports local farmers, provides meal managers with seasonal, locally grown meal options and is environmentally advantageous.

Alignment to NJCCCS

HPE.2.1.1.12.B.3
HPE.2.1.2.B.1

Key Concepts and Skills

- Identify the qualities of fresh fruits and vegetables.
- Explain the concept of local, seasonal produce.
- Identify the edible parts of a plant: flower, fruit, stem, seed, tuber, root, bulb and leaf.
- Understand that cooking methods affect nutrition and meal appeal.

Learning Activities

- Textbook guides: Fruits/Vegetables, Selecting & Storing Vegetables, Fruit Scramble, Fruit Review, Fruits/Vegetables Facts
- DVD: Good Eats, Alton Brown. Veggie Eats

- Labs: Zucchini Bread, Apple Crisp, Blueberry Buckle, Sweet Potato Fries, Roasted Carrots, Twice Baked Potatoes, Vegetable Buffets

Assessments

Student participation in lab work and in completing study guides
Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate
Kitchen tools and equipment

Time Frame 4-5 Days

Topic

Eggs

Essential Questions

- What is an egg? Who produces eggs?
- How does a meal manager select, buy, store and use eggs?
- Why do some health care agencies suggest limiting eggs?
- Should cracked eggs be used?

Enduring Understandings

- Eggs are a convenient and inexpensive source of complete protein.
- Eggs can be eaten alone, or included in a recipe.
- The color of an egg has no impact on the nutritional value.
- Eggs are inspected for safety and graded for quality.

Alignment to NJCCCS

HPE.2.1.1.12.B.3
HPE.2.1.2.B.1
WORK.K-12.9.2.C.1

Key Concepts and Skills

- Describe the methods to cook eggs – fried, baked, poached, scrambled, hard cooked, soft cooked
- Describe the uses of eggs in a recipe – coat, emulsify, tenderize, bind, flavor, leaven, thicken and add lightness.
- Understand the nutritional value of eggs as a source of – protein, B vitamins, vitamins A & D, phosphorus, iron and cholesterol.
- Why are some eggs white and others beautiful colors?
- Compare the cost of eggs as a protein source, to meat.
- Explain safety terms and procedures – Salmonella, buying and storing eggs

Learning Activities

- Textbook guides: Eggs, Egg Dishes, Scrambled Eggs, Functions of Eggs, Selection of Eggs,

Getting to Know Eggs

- DVD: Good Eats, Alton Brown. Breakfast Eats: The Egg Files I
- Labs: Egg Fried Rice, French Toast, Omelets, Scrambled, Poached, Over

Assessments

Student participation in lab work and in completing study guides
Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate
Kitchen tools and equipment

Time Frame | 4-5 Days

Topic

Milk/Milk Products & Turkey

Essential Questions

- Where does milk come from? What types do we commonly enjoy?
- Besides drinking milk, what can we do with it?
- How do you select, store and use milk and milk products? Why are milk and milk product packages dated?
- Cooking with milk can result in less than satisfying results...why?
- What are the major nutrients found in milk and milk products?
- Why is milk a digestive issue for some populations?

Enduring Understandings

- Milk and dairy (milk) products are nutrient dense foods.
- Milk can be purchased in a variety of ways.
- Cooking with milk takes time and patience for satisfactory results.

Alignment to NJCCCS

HPE.2.1.1.12.B.3
HPE.2.1.2.B.1
WORK.K-12.9.2.B.a
Work.K-12.9.2.B.1

Key Concepts and Skills

- Identify and apply key concepts of milk: fortified, homogenized, pasteurized, whole, fat free, 1%, 2%, half & half, cream, evaporated, sweetened condensed milk...
- Identify and apply key concepts of cooking with milk: curdled, scorched, white sauce
- Identify and apply key concepts of yogurt and cheese: curds, whey, yogurt, bacteria
- Milk and milk products are excellent sources of nutrients.
- Milk and milk products are easily cooked using low heat to prevent scorching.

Learning Activities

- Textbook guides: Dairy Products, Turkey
- Labs: Turkey Tetrazzini, Turkey Chili with biscuits, crepes with sautéed bananas, mini-cheese cakes
- Demonstration: Rice Pudding

Assessments

Student participation in lab work and in completing study guides
Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Using Chrome Books as applicable

Technology Integration

Math, Science, Reading, Geography, History

Time Frame 4-5 Days

Topic

Cookies, Cakes & Crepes

Essential Questions

- How many types of cookies are there? Do they differ in difficulty to prepare?
- How do you know when cookies or cakes are finished baking?
- How are cookies best stored?
- How many types of cakes are there?
- What are crepes, and what other foods are similar?

Enduring Understandings

- Cookies, cakes and crepes can, in moderation, fit into a healthy eating plan.
- Cookies are higher in fat and sugar than are cakes.
- There are six types of cookies, but only two types of cakes.

Crepes can be made sweet, or savory.

Alignment to NJCCCS

Work.K-12.9.2.B.1

WORK.K-12.9.2.F.1

Key Concepts and Skills

- Identify the six types of cookies, and identify examples of each.
- Explain what makes the two basic types of cakes differ.
- Baking requires the application of measurements skills, basic utensil comprehension and recipe understanding.
- Knowledge of ingredients functions and variations will offer the meal manager greater success.

Learning Activities

- Textbook guides: Cookies, Crepes for All Occasions

- Cookies Labs: whole wheat sugar, coconut macaroons, oatmeal applesauce, oatmeal jumbles, lemon bars, chocolate chip
- Crepe Lab: Crepes with Nutella

Assessments

- Student participation in lab work and in completing study guides
- Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy		Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate
Kitchen tools and equipment

Time Frame 4-5 Days

Topic

Regional Foods

Essential Questions

- Food customs in the United States began with what population?
- What adaptations did earlier settlers have to make upon arriving here?
- Does geography have an impact on the crops grown, or animals raised for food?
- Holidays reflected the previous customs, celebrated with food and tradition. How has that been carried forward here?

Enduring Understandings

- There are seven main regions of the U.S., each representing cultures and countries who settled there.
- Geography, climate and culture affected the development of Canadian and U.S. Food choices.
- Colonists struggled for survival. Native Americans taught them how to hunt, fish, and plant crops; and how to preserve foods for times of shortage.

Alignment to NJCCCS

Work.K-12.9.2.B.1
WORK.K-12.9.2.F.1
WORK.K-12.9.2.A.1

Key Concepts and Skills

- Identify the six regions of the U.S. – New England, Mid-Atlantic, South, Midwest, West and Southwest, Pacific Coast and Hawaiian Islands.
- Identify examples of foods representative of each of the regions, and explain why these foods are common to the region.
- What groups of people influenced each region? What foods and cooking techniques exemplify the characteristics?

Learning Activities

- Textbook guides: The US & Canada, Regions of the US Map, Pennsylvania Dutch, Civil War

DEPARTMENT Science COURSE: Foods I

Fare/Plantation cooking in the Old South, New England Seafood Specialties, New England Colonial Dishes, Early America's Gourmet Foods, Southeastern Cuisine, Southwestern Dishes, News Orleans Creole Creations, Chow on the Trail, Pacific Coast Dishes, Land of the Sourdoughs, Modern Hawaii, Hawaii - A Mix of Cuisines and American Indian Cooking

Assessments

Student participation in lab work and in completing study guides
Quizzes and Final Examination

21st Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

Math, Science, Reading, Geography, History

Technology Integration

Using Chrome Books as appropriate
Kitchen tools and equipment