

Haddon Township High School
Course Overview

Subject Area: Family & Consumer Science

Course Name: Foods & Nutrition I

Summary: Students will be introduced to the basics of understanding recipes, measuring and using kitchen equipment. These principles will be applied to a variety of everyday foods, such as quick breads, cakes, pies and simple luncheon foods. The principles of good nutrition, food science, table setting, etiquette food preparation and presentation will be incorporated throughout the course.

Unit Title	Student Learning Target	Standards	Resources	Assessment
Unit 1: Food in Your Life	<ul style="list-style-type: none"> • Explain aspects of wellness. • Describe influences on food choices. 	9.1 21st-Century Life and Career Skills: All students will demonstrate the creative, critical thinking, collaboration, and problem-solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.	Kitchen equipment Ingredients Worksheets <u>Nutrition and Wellness</u> textbook Cookbooks Cooking Magazines Various Media including DVDs Internet Websites	Laboratory experiences Finished recipes Nutrition Worksheets Group and Individual Projects/presentations
Unit 2: Nutrition for	<ul style="list-style-type: none"> • Draw "My Plate". 	9.2 Personal Financial	Kitchen equipment	Laboratory experiences

Health	<ul style="list-style-type: none"> List foods in each section of the plate. 	<p>Literacy: All students will develop skills and strategies that promote personal and financial responsibility related to financial planning, savings, investment, and charitable giving in the global economy.</p>	<p>Ingredients</p> <p>Worksheets</p> <p><u>Nutrition and Wellness</u> textbook</p> <p>Cookbooks</p> <p>Cooking Magazines</p> <p>Various Media including DVDs</p> <p>Internet Websites</p>	<p>Finished recipes</p> <p>Nutrition Worksheets</p> <p>Group and Individual Projects/presentations</p>
Unit 3: Fitness & Food	<ul style="list-style-type: none"> Distinguish between fad diets & sensible weight management. 	<p>9.1 21st-Century Life and Career Skills: All students will demonstrate the creative, critical thinking, collaboration, and problem-solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.</p>	<p>Kitchen equipment</p> <p>Ingredients</p> <p>Worksheets</p> <p><u>Nutrition and Wellness</u> textbook</p> <p>Cookbooks</p> <p>Cooking Magazines</p> <p>Various Media including DVDs</p>	<p>Laboratory experiences</p> <p>Finished recipes</p> <p>Nutrition Worksheets</p> <p>Group and Individual Projects/presentations</p>

			Internet Websites	
Unit 4: My Plate	<ul style="list-style-type: none"> • Explain importance of each food group. • Summarize tips for selecting various food groups. • Describe how to store & prepare various food groups. 	9.2 Personal Financial Literacy: All students will develop skills and strategies that promote personal and financial responsibility related to financial planning, savings, investment, and charitable giving in the global economy.	Kitchen equipment Ingredients Worksheets <u>Nutrition and Wellness</u> textbook Cookbooks Cooking Magazines Various Media including DVDs Internet Websites	Laboratory experiences Finished recipes Nutrition Worksheets Group and Individual Projects/presentations
Unit 5: Food Preparation	<ul style="list-style-type: none"> • Practice basic skills in food preparation. • Understand the importance of accurate measuring. • Realize the importance of kitchen safety. 	9.1 21st-Century Life and Career Skills: All students will demonstrate the creative, critical thinking, collaboration, and problem-solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.	Kitchen equipment Ingredients Worksheets <u>Nutrition and Wellness</u> textbook Cookbooks Cooking Magazines Various Media including	Laboratory experiences Finished recipes Nutrition Worksheets Group and Individual Projects/presentations

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