



Name of School:

Name of Course: **FOODS**

Instructor Information

<p>Name: E-mail address: School phone number: Web page address: Best times to be reached:</p>
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Course Description

<p>This course provides practical cooking experience for each student. The time is spent preparing a wide variety of foods. Learning activities will emphasize the basic skills of food cookery, principles of good nutrition, and rules of etiquette.</p>
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District Standards and Power Benchmarks

<p>POWER STANDARDS FOR FOODS</p> <ol style="list-style-type: none">1. Demonstrate safety and sanitation procedures in the foods laboratory.2. Use basic food preparation techniques.3. Use nutritional information to evaluate menus.4. Integrate careers in the food industry. <p>BENCHMARKS FOR FOODS</p> <ol style="list-style-type: none">1. Identify sources, symptoms, and prevention of food borne illnesses.2. Demonstrate safety and sanitation procedures in the foods laboratory.3. Select and use proper equipment, measuring techniques and food terms.4. Apply principles of selection and preparation to protein foods.5. Apply principles of selection and preparation to fruits and vegetables.6. Apply principles of selection and preparation to baked products.7. Apply principles of selection and preparation of dairy products.8. Interpret nutritional information and apply it to “My Food Guide System”.9. Plan, prepare and evaluate menus and table etiquette.10. Identify careers related to the food industry.
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Course Information

<p>Foods is a 9 week elective course offered in the Family and Consumer Science department. Classes are 90 minutes in length for which students receive .05 credit.</p>

Course Outline/Calendar

Safety and Sanitation	Meal Planning
Measuring Techniques	Table Setting
Kitchen Equipment	Etiquette
Microwave Cooking	Beef
Fruits and Vegetables	Poultry
Dairy Products	Eggs
Yeast and Quick Breads	Cookies
Nutrition	Sugar Cookery (Candy)

Text/Other Required Materials/Resources

Applicable websites
Food for Today by Helen Kowtaluk and Alice Orphanos Kopan

Instructional Procedures & Support

Students need to come to class ready to learn which includes: being in class on time, having materials, meeting teacher expectations, and treating others with dignity and respect.

▶ Classes consist of a combination of food preparation, bookwork, lecture/demonstration, and cooperative group activities. State-of-the art technology is used to enhance learning (for example: PowerPoint and video/DVD presentations.)

▶ Literacy and numeracy strategies are reinforced through hands-on, real life applications of math, science, and reading.

▶ A portion of the class is allocated for assignments. Incomplete assignments may be made up before or after school within a reasonable period of time.

▶ If a student is absent for a foods lab; they must prepare the recipe at home using their own ingredients. Students should see teacher for lab make-up sheet/recipe choices and bring an in small sample for evaluation.

▶ Students who need additional support may make arrangements with the teacher.

Classroom Management Procedures

Attendance: Daily attendance and participation is important! Class discussions, demonstrations, power point and audio-visual presentations are an integral part of the class and the interchange that takes place is difficult to duplicate.

Tardies: School policy will be followed.

Planners need to be used for hall passes.

Safety and Sanitation procedures will be followed throughout the term.

Students will follow procedures for planning and participating in the lab experience.

Students will treat each other with dignity and respect.

Assessment Plan

Grading notification will be given to students periodically. Mid-term reports are given to parents/guardians during conferences, which are held approximately half way through a term four times a year.

Multiple measures of assessment: daily participation points, written assignments, projects, lab points, quizzes, and tests.

Grading System

A	93 and above	Firm command of knowledge domain
A⁻	90 - 92	High level of skill development Exceptional preparation for later learning
B⁺	87 - 89	Command of knowledge beyond the basic concepts of knowledge
B	83 - 86	Advanced development of most skills Has prerequisites for later learning
B⁻	80 - 82	
C⁺	77 - 79	Command of the basic concepts of knowledge
C	73 - 76	Demonstrates ability to use basic skills Lacks a few prerequisites for later learning
C⁻	70 - 72	
D⁺	67 - 69	Lacks knowledge of some fundamental ideas
D	63 - 66	Some important skills not attained
D⁻	60 - 62	Deficient in many of the prerequisites for later learning
F	59 and below	Most of the basic concepts and principles not learned Most essential skills have not been demonstrated Lacks most prerequisites needed for later learning