Course No: C702

Orange Unified School District

FOODS I

Year Course

GRADE LEVEL: 9 - 12

PREREQUISITES: None

INTRODUCTION TO THE SUBJECT:

Foods I is a basic course in the fundamentals of food preparation and food science. Foods that are studied and prepared in the lab using a variety of preparation methods are quick breads, grains, vegetables, salads, pastries, yeast products, eggs, milk, cheese, fruits, cookies, desserts, meat (beef), stocks, soups, parties, picnics, and dining out. Diets that meet personal food requirements for maintaining good health are also included, emphasizing the relationship between body needs and food consumption. Time is devoted t learning ways and means of becoming a better-informed and more selective consumer when making food purchases. Careers related to Foods and Nutrition are explored.

The Food and Nutrition Content Area Standards have been incorporated in the Course Objectives.

COURSE OBJECTIVES:
BY THE END OF THE COURSE THE STUDENT WILL BE ABLE TO:

1.0 NUTRITION AND HEALTH: Understand the application of the principals of Nutrition and their relationship to good health throughout the life cycle. They will demonstrate proficiency by:

1.1 Defining the relationship between nutrition and good health.

1.2 Explaining and comparing the food categories and recommended saving in the Food Cycle Pyramid with those in their daily diet.

1.3 Identifying the major nutrients and explaining their functions and sources.

1.4 Comparing and analyzing label information on food products

1.5 Describing food-related illnesses, including anorexia, bulimia, obesity, and malnutrition.

1.6 Reviewing and reporting on current research that examines the effects of food additives, salt, sugar, fats, and complex carbohydrates.

1.7 Defining current nutritional terminology, such as natural, organic, reduced fat, and enriched.

1.8 Comparing and evaluating dietary programs and information that deal with weight control and nutrition.

1.9 Evaluation the influence of the media on nutrition and physical fitness.

1.10 Identifying and describing the services of public and private agencies that provide food and nutrition information and protection to consumers at the local, state, and national levels.

2.0 FOOD SAFETY AND SANITATION: Understand the principles of maintaining food safety and sanitation. They will demonstrate proficiency by:

2.1 Identifying organisms that cause food spoilage, sources of contamination, and conditions required for the growth of the organisms.

2.2 Identifying common types of food borne illnesses.

2.3 Employing sanitary practices before, during, and after food preparation and service.

2.4 Selecting proper techniques for storage and preparation of food.

2.5 Describing the agencies that determine food safety regulations.

2.6 Comparing the responsibilities of various governmental agencies concerned with food safety and nutrition.

2.7 Analyzing messages about food safety issues that consumers receive from the media.

3.0 FACILITIES AND EQUIPMENT: Understand the selection, use, and care of safe and efficient facilities and equipment. They will demonstrate proficiency by:

3.1 Identifying and minimizing safety hazards in the kitchen.

3.2 Identifying and selecting steps to be followed during emergencies related to accidents with food and equipment.

3.3 Listing special precautions to ensure safe kitchen environments for children and individuals with special needs.

3.4 Analyzing a variety of surfaces and materials used in kitchens and assessing their characteristics in terms of sanitation, safety, and maintenance.

3.5 Designing a kitchen plan that incorporates the principles of safety and efficiency, including the work triangle concept.

3.6 Describing food preparation equipment and appliances in terms of needs, want, cost, safety, efficiency, use, and care.

3.7 Applying appropriate practices when using, maintaining, and storing food preparation equipment and appliances.

3.8 Comparing the characteristics of similar equipment in terms of time, cost, storage, size, maintenance, safety, and efficiency.

3.9 Using a variety of appliances, equipment, and techniques to prepare food and meals.

3.10 Developing a list of the most essential equipment and appliances for individuals and families on limited budgets and with limited food preparation facilities.

4.0 MEAL MANAGEMENT: Understand the principles of food purchasing and meal management. They will demonstrate proficiency by:

4.1 Identifying ways to manage time, energy, and resources when planning and preparing meals.

4.2 Using the management techniques for conserving time, energy, and resources when planning and preparing foods or meals.

4.3 Using consumer skills to save money when selecting foods.

4.4 Applying decision-making skills for purchasing food.

4.5 Comparing information on food labels to compute unit cost, serving sizes, and amounts needed.

4.6 Comparing the advantages and disadvantages of using commercially prepared and convenience food products with those of using home-prepared food in terms of cost, quality, nutritional value, time, and energy.

4.7 Comparing information about fresh and processed food in terms of storage, safety, use, cost, and nutritional value.

4.8 Using consumer skills in selecting food that include comparing and selecting

quality, unit prices, products, expiration dates, and brands.

4.9 Identifying and comparing local food source outlets for cost, convenience, services, and variety of selections.

4.10 Summarizing the advantages and disadvantages of preparing meals at home and dining out.

4.11 Comparing meals and computing meal costs for time, money, resources, nutritional quality, and satisfaction for various lifestyles and different stages of the life cycle.

5.0 FOOD PREPARATION: Understand the principles of food preparation. They will demonstrate proficiency by:

5.1 Using appropriate equipment and techniques for dry and liquid measurements.

5.2 Converting volume and weight measurements to increase and decrease yields of recipes.

5.3 Interpreting a standardized recipe to prepare a food product.

5.4 Defining food preparation terminology used in the preparation of a variety of food products.

5.5 Describing the properties and functions of ingredients used to prepare foods.

5.6 Applying food preparation techniques that preserve nutrients and enhance the flavor and appearance of food.

5.7 Identifying food preparation techniques that can affect health.

5.8 Defining and demonstrating food preparation techniques and skills.

5.9 Applying basic concepts of food preparation and nutrition by planning, preparing, and serving aesthetically pleasing and nutritious meals.

5.10 Selecting appropriate food ingredients as substitutions in standardized recipes.

5.11 Investigating and describing current trends in food preparation.

6.0 MEAL SERVICE AND ETIQUETTE: Understand the styles of meal service and commonly accepted etiquette practices. They will demonstrate content proficiency by:

6.1 Practicing basic table-setting techniques.

6.2 Practicing table manners and etiquette as commonly accepted in the United States.

6.3 Describing and practicing table settings for various occasions.

6.4 Describing and practicing a variety of meal service styles.

7.0 THE SCIENCE OF FOOD AND NUTRITION: Understand the principles of science related to food preparation and nutrition. They will demonstrate proficiency by:

7.1 Defining nutrients and nutrient density.

7.2 Applying the basic principles of science to food preparation.

7.3 Analyzing and comparing the nutrient composition of a variety of foods and recipes.

8.0 FOOD PRODUCTION AND TECHNOLOGY: Understand food production, processing, distribution methods, and the relationship of those techniques to the consumer food supply. They will demonstrate proficiency by:

8.1 Describing and comparing different methods of preserving foods, including freezing, drying, canning, dehydration, and using cold storage.

9.0 CAREERS RELATED TO FOOD SERVICE, FOOD SCIENCE, DIETETICS, AND NUTRITION: Understand careers related to food service, food science, dietetics, and nutrition. They will demonstrate content proficiency by:

9.1 Identifying characteristics of effective food service, food science, dietetics, and nutrition professionals.

9.2 Comparing personal interest, aptitudes, and abilities with those required in food service, food science, dietetics, and nutrition careers.

9.3 Evaluating career options related to food service, food science, dietetics, and nutrition, including labor market projections, educational requirements, job responsibilities, salary, benefits, employers' expectations, and working environment.

COURSE OVERVIEW AND APPROXIMATE UNIT TIME ALLOTMENTS:

FIRST SEMESTER **WEEKS**

I. Lab Orientation 1-2
- A. Personal and kitchen cleanliness
- B. Proper food storage
- C. Operation and care of kitchen utensils, equipment and appliances
- D. Using a recipe
- E. Measurements and equivalents
- F. Kitchen safety
- G. Lab procedures
- H. Table setting and etiquette

II. Healthy Food Choices 2-3
- A. Definition of good nutrition
- B. Recommended Daily Allowances
- C. Dietary Guidelines for Americans
- D. Food Guide Pyramid
- E. Shopping for food, preparing food, and eating out using the dietary guidelines

III. Quick Breads and Grains 3-4
- A. Kinds of quick breads
- B. Ingredients in quick breads and function of each
- C. Reaction speed of chemical
- D. Principals of quick bread preparation techniques (muffin method vs. biscuit method)
- E. Effect of gluten development of muffins
- F. Comparison of standard recipes vs. mixes in quick bread preparation
- G. Nutritive value of quick breads
- H. Methods of storing quick breads
- I. Preparation and serving of quick breads in the foods laboratory using the principals of quick bread preparation
- J. Assessment criteria for quick breads
- K. Kinds of grain products
- L. Steps in preparation techniques for grain products
- M. Comparison of microwave and conventional methods of cooking grain products
- N. Nutritive value of various grains
- O. Methods of storing grains
- P. Cost comparison of pasta, rice, and grains
- Q. Preparation and serving of grains in the foods laboratory using the principals of pasta, rice, and grain preparation techniques
- R. Assessment criteria of pasta, rice, and other grains

WEEKS

IV. Vegetables 1-2

A. Vegetable classification
B. Selecting and buying vegetables
C. Storing vegetables
D. Nutritive value of vegetables
E. Principles of preparing vegetables
F. Compare conventional vs. microwave cooking time of vegetables
G. Effect of piece sizes on cooking time
H. Preparation and serving of examples of vegetable in the foods laboratory using the principals of vegetable preparation methods
I. Cost comparison of fresh produce of convenience items
J. Assessment criteria for vegetables

V. Salads 1-2

A. Types of salads
B. Uses of salads in mail planning
C. Principles of selecting and buying salad ingredients
D. Nutritive value of salads
E. Handling and storage methods of salad ingredients
F. Process of osmosis and capillary action
G. Preparation and serving of salads and salad dressings in the foods laboratory using the principles of salad preparation techniques
H. Compare cost of conventional salad ingredients and salad dressing to convenience salads and salad dressing
I. Assessment criteria for salads and salad dressing

VI. Pastries 1-2

A. Kinds of pastry
B. Ingredients in pastry and function of each
C. Effects of using various fats in pastry
D. Principles of pastry preparation techniques (methods)
E. Preparation techniques of a one-crust pie
F. Methods of decorating pie crust edges
G. Cost comparison of standard piecrust to convenience pastry laboratory
H. Methods of preparing filling
I. Comparison of nutritive value of pastry
J. Preparation and serving of pastries in the foods laboratory Using the principles of pastry preparation
K. Methods for storing pies
L. Assessment criteria for pies and pastry

VII. Shopping for Food 1-2

A. Types of stores that sell food
B. Using a shopping list

C. Comparing costs of brands, sizes, and forms

WEEKS

D. Compare quality of homemade, generic, store brand, and name brand products
E. Food labeling
F. Universal Product Code
G. Open dating
H. Unit pricing

SECOND SEMESTER

VIII. Yeast Breads 2-3

A. Types of yeast products
B. Mixing methods of yeast products
C. Proper sequence of yeast product preparation techniques
D. Effects of sugar and salt on yeast growth
E. Effects of kneading on the development of gluten
F. Cost comparison of standard yeast products to already prepared and partially prepared products
G. Nutritive value of yeast products
H. Preparation and serving of yeast bread products in the foods laboratory using the principles for yeast bread preparation techniques
I. Methods of storing yeast bread products
J. Assessments criteria for yeast bread products

IV. Eggs, Milk, cheese 2-3

A. Kinds of egg, milk, and cheese products
B. Principles of selecting and buying eggs, milk, cheese
C. Safety and sanitation procedures in handling and storing of eggs, milk, and, cheese
D. Preparation techniques for eggs, milk, and cheese
E. Separate invisible fat from cream by agitation and coalescence
F. Effect of acid on protein
G. Effect of cooking time on the coagulation of protein
H. Effects of added ingredients on egg white foams
I. Serving techniques of eggs, milk, and cheese
J. Nutritional value of eggs, milk, and cheese to other protein rich foods
K. Preparation and servings of eggs, milk, and cheese in the foods laboratory using the principles of eggs, milk, and cheese preparation techniques
L. Assessment criteria for eggs, milk, and cheese

X. Fruits 1-2

A. Fruit classification
B. Principles of selecting, buying, and storing fruits
C. Nutritive value of fruits

D. Food science principles of cooking fruits

WEEKS

E. Preparation and serving of examples of fruits in the foods laboratory using the principles for fruit preparation methods
F. Cost comparisons of fresh products to convenience items
G. Assessment criteria for fruits
H. Enzymatic browning of fruit

XI. Cookies and Desserts 1-2

A. Six basic types of cookies
B. Ingredients used I cookies and function of each
C. Principles of cookie preparation techniques
D. Cost comparison of conventional cookie recipe to convenience cookie products
E. Comparison of nutritive value and caloric content of cookies
F. Ways various types of cookies may be served in meal planning
G. Preparation and serving of cookies in the foods laboratory using the principles of cookie making
H. Methods of storing cookies
I. Moisture absorption of cookies
J. Assessment criteria for cookies
K. Kinds of desserts
L. Ingredients in desserts
M. Gelatin as a stabilizing agent in dessert
N. Principles of dessert making techniques
O. Cost comparison of conventional dessert recipes to convenience dessert products
P. Comparison of nutritive value and caloric content of desserts
Q. Ways desserts may be served of nutritive value
R. Preparation and serving of dessert in the foods laboratory using the principles of dessert preparation techniques
S. Methods of storing desserts
T. Assessment criteria for desserts

XII. Beef, Stocks, Soups 3-4

A. Beef cuts
B. Principles for buying beef
C. Safety and sanitation procedures in handling beef
D. Preparation techniques/methods for preparing beef
E. Tenderizing meat
F. Serving techniques
G. Nutritive value of beef to other protein rich foods
H. Assessment criteria for beef
I. Preparation techniques for stock soups
J. Soup making techniques

K. Methods of storing stocks and soups

WEEKS

L. Cost comparison of standard recipe products to already prepared and partially prepared products
M. Nutritive value of stocks and soups
N. Preparation and serving of stocks and soups in the foods laboratory using the principles for stock and soup preparation techniques
O. Assessment criteria for stocks and soups

XIII. Parties, Picnics, and Dining Out 2
A. Planning a party
B. Food for parties
C. Beverages for parties
D. Parties
E. Barbecues
F. Restaurant dining

XIV. Careers 1-2
A. General career areas in the field of foods and nutrition
B. Qualification needed to work in careers areas
C. Steps involved in finding a job
D. Job entry requirement
E. Career potentials

DATE OF LAST CONTENT REVISION:

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