

Grade 8 Family & Consumer Sciences Foods

Description

Eighth grade students may elect Foods for one quarter of the year. There are three units, which include Recipe Adaptations, Nutrition and Origins of Foods.

Unit I: Recipe Adaptations

- Whole foods
- Nutritional treats
- Recipe terminology

Unit II: Nutrition

- Functions of nutrients
- Nutritionally related diseases and disorders
- Examine the relationship between whole foods, nutrients, and food intake.
- Recipe terminology
- Establish a healthy eating habit
- Healthy meals

Unit III: Origins of Foods

- Research the origins of foods
- Value the cultural origins of foods
- Create a multi media presentation about the cultural origin of a whole food

Course Overview

Course Objectives

Objectives are listed in the individual units

Essential Questions

- Where does our food come from?
- How can I take food that is good for me and make it taste good?
- How can I have my cake and eat it too?

Assessments

Common Assessments

- Food products
- Rubric based lab assessments
- Informational publication
- Food research project based on rubric
- Response to Literature

Skill Assessments

Content Outline

[Unit I:](#) Recipe Adaptations

[Unit II:](#) Nutrition

Standards

Connecticut State FCS standards are met in the area of:

Grade Level Skills

Food Skills

- Whole Food Nutrition

<p><u>Unit III:</u> Origins of Foods</p>	<ul style="list-style-type: none"> • <i>Nutrition & Wellness</i> <p>http://www.sde.ct.gov/sde/lib/sde/pdf/deps/career/fcs/fcs_912frameworks.pdf</p>	<ul style="list-style-type: none"> • Nutrient Research • Origins of Foods • Implementation of Food Safety • Healthy Main Courses • Specialized Food Prep and Equip • Restaurant Etiquette • Healthy Eating Habit • How Food Impacts Health
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Pacing Guide								
Marking Period								
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Unit 1 Recipe Adaptations 10 days		Unit 2 Nutrition 20 days				Unit 3 Origins of Foods 10 days		

Unit 1 – Recipe Adaptations, 10 days [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- examine factors that influence nutrition and wellness practices for adolescents.
- practice safe and sanitary methods to prepare foods.

Unit Objectives

Students will be able to:

- explore the use of whole foods in dessert preparation.
- fit healthier treats into a healthy diet.
- examine the relationship between whole foods, nutrients, and food intake.

Essential Question

How can I have my cake and eat it too?

Focus Question

How can I make whole foods taste good?

Assessments

- Food products
- Rubric based lab assessments

Skill Objectives

Students will:

- Prepare a variety of healthy treats using whole foods, which are defined as:
 - foods found in nature, with minimal processing (as in flours, frozen, or canned), no additives and no chemicals.
 - recipes that contain flour must include 50% whole grain flours which include barley, spelt, wheat, rye, corn, bran, oats, brown rice flour, buckwheat, quinoa
 - only 1 recipe will contain processed sugars. Other sugars limited to agave nectar, honey, 100% pure maple syrup, fruit, date sugar, maple sugar, barley malt syrup, brown rice syrup
 - no box mixes may be used unless ingredients are 100% whole foods as per food label
 - fats may not include trans fats and will be limited to oils and butter

		<ul style="list-style-type: none">• adjust recipes to increase nutrient values.• operate kitchen appliances safely:<ul style="list-style-type: none">○ food processor○ stand mixer
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Unit 2 – Nutrition, 20 days [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- investigate nutritionally linked diseases and disorders.
- practice safe and sanitary methods to prepare foods.
- examine today's science and technology influences on the food industry.

Unit Objectives

Students will be able to:

- explain how diseases and disorders are nutritionally linked to food intake
- identify whole food sources for a variety of nutrients
- create an informational publication analyzing a nutrient
- explain benefits of nutrients
- explore the use of whole foods in meal preparation
- create an 8th grade healthy eating habit
- discuss success of incorporating 7th grade's healthy eating habit
- experience an overview of the Family and Consumer Science programs at a Fairfield High School

Essential Question

- How can I take food that is good for me and make it taste good?

Focus Question

- How do the nutrients in whole foods help me to live a long and healthy life?

Assessments

- Rubric based lab assessments
- Food products
- Informational publication

Skill Objectives

Students will:

- research nutrients in relationship to functions, sources and diseases
- prepare nutritionally well balanced whole foods meals
- evaluation of a healthy eating habit based on nutrient research
- operate kitchen appliances safely:
 - George Forman Grill
- apply knife skills and safety:
 - Mince
- practice basic meal preparation skills, techniques, and presentation:
 - Butterfly
 - Stir fry
 - Boil
 - Simmer

Unit 3 – Origins of Foods, 10 days [top](#)

Standards

Nutrition and Wellness

Students will demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will:

- examine today's science and technology influences on the food industry.

Unit Objectives

Students will be able to:

- research the origins of foods.
- value the cultural origins of foods.
- create a multi media presentation about the cultural origin of a whole food.

Essential Question

- Where does our food come from?

Focus Question

- What's on my plate?

Assessments

- Food research project based on rubric
- Food products
- Rubric based lab assessments
- Response to Literature

Skill Objectives

Students will:

- prepare a variety of cultural foods with whole foods that are defined as:
 - foods found in nature, with minimal processing (as in flours, frozen, or canned), no additives and no chemicals.
 - recipes that contain flour must include 50% whole grain flours which include barley, spelt, wheat, rye, corn, bran, oats, brown rice flour, buckwheat, quinoa
 - only 1 recipe will contain processed sugars. Other sugars limited to agave nectar, honey, 100% pure maple syrup, fruit, date sugar, maple sugar, barley malt syrup, brown rice syrup
 - no box mixes may be used unless ingredients are 100% whole foods as per food label
 - fats may not include trans fats and

		<p>will be limited to oils and butter</p> <ul style="list-style-type: none"> • apply the principles of food safety and sanitation. • communicate ways class experiences in this unit have influenced opinions of cultural foods.
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