

Curriculum Development
In the Fairfield Public Schools

FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CONNECTICUT

FOOD SERVICES 20

BOARD OF EDUCATION APPROVED 06/24/2008

FOOD SERVICES 20

Statement of Purpose

This course is designed to provide a restaurant experience in which students practice aspects of quantity food preparation. Students rotate through different stations while expanding skills and relating them to the commercial restaurant industry.

Audience

Grades 10, 11, 12

Prerequisite

Culinary Arts 10 & 20

Design and Description

This hands-on class is designed for the student interested in exploring a career in food services. The course of instruction includes units on the preparation of sauces, stocks and soups; appetizers; meats, fish and poultry; fruits and vegetables; salads and dressings; starches; baking and desserts; quantity food preparation, operating commercial restaurant equipment and operating the in-school restaurant. 3 credits, 2 periods daily. 4 credits, 3 periods daily.

Course Objectives

Students will be able to:

- identify workplace safety guidelines.
- recognize biological, chemical, and physical hazards.
- explain the purpose of the HACCP system.
- identify work stations.
- identify and explain the function of commercial food preparation equipment.
- explain the role of a menu.
- explain the role of a standardized recipe.
- describe methods of portion control and why they are important.
- identify factors that influence menu styling, design, and pricing.
- describe the role and duties of each member of the service staff.
- recognize employee traits that will contribute to customer satisfaction.
- describe the different dining environments.
- understand a point-of-sale system and how it increases efficiency.
- describe career opportunities related to food production and service.
- analyze how foodservice trends affect foodservice and food production operations.
- describe educational and training programs that can prepare students for a foodservice career.
- identify the methods of cooking used in commercial food preparation.
- evaluate how cooking affects a food's nutritive value, texture, color, aroma, and flavor.
- identify different herbs and spices.
- explain how herbs and spices are used.
- describe various condiments and the foods they accompany.
- describe the characteristics and uses of a quality stock.

- describe the 5 mother sauces.
- identify the various classes of soups.
- describe different types of sandwiches, fillings, spreads, and accompaniments.
- explain guidelines for preparing and plating hot and cold sandwiches.
- identify the types of food prepared in the garde manger work station.
- identify the nutritional composition of meat, fish and poultry.
- consider the principles necessary for commercial preparation of meat, fish and poultry.
- identify basic breakfast foods and their nutritional contribution.
- discuss how to prepare breakfast foods for quantity service.
- identify various types of pasta, rice, and other grains.
- describe the standards of quality for pasta, rice, and other grains.
- explain the nutritional value of pasta, rice, and other grains.
- identify the quality characteristics of fresh, frozen, canned, and dried fruits and vegetables.
- identify various types of legumes and their quality characteristics.
- explain how fruits, vegetables and legumes can be a healthy addition to a menu.
- identify characteristics and types of desserts appropriate for quantity preparation.
- recognize the importance of offering healthy dessert choices.

Skill Objectives

Students will:

- identify critical control points.
- identify different physical and chemical hazards in the food service workplace.
- explain the flow of food and the importance of inspecting all food products for damage and spoilage when they are received.
- illustrate safety measures when preparing food.
- identify safety measures when holding and serving food.
- describe the source of direct contamination and cross-contamination.
- demonstrate appropriate grooming for the workplace, including proper hand washing and use of gloves.
- demonstrate correct cleaning and sanitizing procedures during food preparation.
- operate the variety of equipment used to run a commercial kitchen.
- follow appropriate procedures for safe use of the commercial equipment.
- compare different types of equipment and appropriate uses.
- illustrate a layout for a commercial kitchen.
- differentiate weight versus measure.
- contrast the heat sources used in commercial kitchens.
- select appropriate equipment for task.
- master knife skills.
- use truth-in-menu guidelines to write a menu description.
- create interesting menus that offer good nutrition and variety.
- convert a recipe to a standardized form.
- plate food using various methods of portion control.

- construct menus appropriate for a variety of restaurants including the in-school restaurants.
- demonstrate service skills that provide exceptional customer service.
- utilize selling techniques to increase sales.
- use a point-of-sales system.
- calculate customer checks.
- set correct table cover.
- list ways to prepare for a food service career while still in high school.
- apply basic employability skills in foodservice.
- demonstrate a positive work ethic.
- participate in an FCCLA activity.
- utilize the in-school restaurant as a training ground for future employment.
- demonstrate dry cooking techniques.
- demonstrate moist cooking techniques.
- demonstrate combination cooking techniques.
- contrast different cooking methods used for quality food preparation.
- choose an appropriate cooking technique to achieve desired results.
- demonstrate the basic rules of plating food attractively.
- prepare a variety of garnishes.
- use herbs and spices appropriately.
- make a variety of stocks and sauces.
- use stocks and sauces appropriately.
- demonstrate how to prepare various soups, using commercial bases or stocks.
- use thickening agents properly.
- present soups attractively garnished.
- store soups safely for future use.
- prepare sandwiches efficiently and safely using quantity techniques.
- prepare garnishes and accompaniments for hot and cold sandwiches.
- plate and garnish sandwiches.
- create unique and diverse sandwiches.
- prepare and serve sandwiches appropriate to the occasion.
- prepare and plate a variety of cold food platters and hors d'oeuvres.
- demonstrate the tools and techniques of garde manger.
- compose a variety of salads to meet customer needs.
- prepare and serve a variety of different salad dressings.
- prepare a variety of meat, fish and poultry products using dry moist and combination cooking methods.
- demonstrate ways to plate and garnish meat, fish and poultry.
- list the market forms of meat, fish and poultry used in commercial preparation.
- demonstrate safe handling, storing, holding and serving of meat, fish and poultry.
- create nutritious breakfast menus suitable for service.
- prepare and serve a variety of healthy breakfast foods.
- demonstrate how to plate breakfast foods attractively.
- purchase and store pasta, rice, and other grains.

- demonstrate various cooking methods used for pasta, rice, and other grains.
- incorporate pasta, rice, and other grains into a well-balanced menu.
- prepare and serve a variety of nutritious grains.
- purchase and store varieties of fresh, frozen, canned, and dried fruits and vegetables, and legumes.
- demonstrate dry, moist, and combination methods of cooking of various fruits and vegetables for restaurant service.
- prepare and serve a variety of legumes.
- purchase and store legumes.
- present fruits, vegetables, and legumes in an appealing manner.
- prepare and serve desserts in quantity.
- prepare, bake, frost and decorate cakes using quantity techniques.
- prepare and market quick breads and pies.
- prepare a variety of frozen desserts and puddings for service.
- incorporate healthy cooking techniques into dessert preparation.

Family and Consumer Science Standards

Hospitality, Food Science, Dietetics, Food Production and Services

Students will demonstrate the integration of knowledge, skills, and practices required for careers in hospitality, food science, dietetics, food production and services.

Students will demonstrate facility procedures applied to safety, security, and environmental issues.

Students will demonstrate selecting, using, and maintaining food production equipment.

Students will demonstrate menu planning based on standardized recipes to meet customer needs.

Students will apply customer service strategies to meet client expectations

Students will demonstrate commercial preparation for all menu categories to produce a variety of food products

Students will apply team strategies to achieve success in the kitchen

Students will use technologically advanced equipment.

Leadership

Students will develop leadership skills, which impact individuals, families, communities, and organizations.

Students will integrate the concepts, strategies, and tools needed which contribute to personal growth, community leadership, democratic principles and social responsibility through participation in Family, Career, and Community Leaders of America (FCCLA).

Consumer Science and Family Resource Management

Students will evaluate management practices related to human, economic, and environmental resources.

Students will demonstrate skills needed for product development, testing, and presentation.

Students will investigate career paths in consumer service industries

Nutrition and Wellness

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

Students will evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.

Students will evaluate factors that affect food safety, from production through consumption.

Students will demonstrate safety and sanitation practices in food preparation.

Students will analyze factors that influence nutrition and wellness practices across the lifespan.

Students will prepare a variety of food products that meet the needs of individual life styles and cultures

Students will evaluate factors that influence nutritionally linked diseases and disorders.

Information and Technology Standards (to be added)

Essential Questions

- What knowledge, skills and practices are required to achieve career success in the hospitality industry?
- What leadership skills and knowledge are necessary to work effectively with individuals and cohorts?
- How do we effectively utilize human, economic and environmental resources in our daily lives?
- How does nutrition and wellness influence the quality of life?

Focus Questions

- What procedures do you use to prevent food borne illness?
- What is the impact of HACCP in the commercial kitchen?
- What measures should be taken to prevent accidents in the kitchen?
- How is a commercial kitchen different from a domestic kitchen?
- What procedures are used in a commercial kitchen?
- What factors should be taken into consideration when planning restaurant menus?
- What role does the menu play in food service operation?
- What is the importance of standardized recipes?

- What factors affect menu pricing?
- How does quality customer service ensure repeat sales at a restaurant?
- How does a student prepare for a career in the food service industry?
- How will participating in FCCLA help to prepare for a career in the food service industry?
- How do the different methods of cooking affect the end product?
- How do you decide which method of cooking is appropriate?
- How do you enhance the sensory appeal of food?
- How are stocks, soups, and sauces prepared?
- What are the correct methods for holding, cooling, and storing stocks, soups, and sauces?
- How are sandwiches prepared and served safely at a commercial level?
- How are a variety of sandwiches utilized and presented within the food service industry?
- What is the importance of garde manger in the commercial food industry?
- What are commercial salad preparation techniques?
- How do you safely prepare, cook, and serve meat, fish, and poultry in a commercial setting?
- How do you incorporate healthy eating habits within a restaurant setting?
- How can nutritious breakfast choices be offered within a restaurant setting?
- Why do we need to incorporate pasta, rice, and other grains into restaurant menus?
- How can a restaurant contribute to the healthy eating habits of their customers?
- How can a restaurant incorporate and prepare healthier dessert choices?
- How can one create luscious desserts for consumer consumption?

UNITS OF STUDY

Unit 1: Safety and Sanitation

Family and Consumer Science Standard

Hospitality, Food Science, Dietetics, Food Production and Services

Students will demonstrate the integration of knowledge, skills, and practices required for careers in hospitality, food science, dietetics, food production and services.

Students will demonstrate facility procedures applied to safety, security, and environmental issues.

Essential Question

What knowledge, skills and practices are required to achieve career success in the hospitality industry?

Focus Questions

- What procedures do you use to prevent food borne illness?
- What is the impact of HACCP in the commercial kitchen?
- What measures should be taken to prevent accidents in the kitchen?

Core Topics

- Working Safely
- Sources of Food Contamination
- HACCP Applications
- Receiving and Storing Food Safely
- Safe Preparation, Cooking, Holding and Cooling of Food

Unit Objectives

Students will be able to:

- identify workplace safety guidelines.
- recognize biological, chemical and physical hazards.
- explain the purpose of the HACCP system.

Skill Objectives

Students will:

- identify critical control points.
- identify different physical and chemical hazards in the food service workplace.
- explain the flow of food and the importance of inspecting all food products for damage and spoilage when they are received.
- illustrate safety measures when preparing food.
- identify safety measures when holding and serving food.
- describe the source of direct contamination and cross-contamination.

- demonstrate appropriate grooming for the workplace, including proper hand washing and use of gloves.
- demonstrate correct cleaning and sanitizing procedures during food preparation.

Sample Assessment

Health Department Survey

Pacing

2 weeks

Unit 2: Commercial Equipment

Family and Consumer Science Standard

Hospitality, Food Science, Dietetics, Food Production and Services

Students will demonstrate the integration of knowledge, skills, and practices required for careers in hospitality, food science, dietetics, food production and services.

Students will demonstrate selecting, using, and maintaining food production equipment.

Essential Question

What knowledge, skills and practices are required to achieve career success in the hospitality industry?

Focus Questions

- How is a commercial kitchen different from a domestic kitchen?
- What procedures are used in a commercial kitchen?

Core Topics

- Work Stations
- Work Flow
- Preparation Equipment
- Cooking Equipment
- Holding Equipment
- Knives and Smallwares

Unit Objectives

Students will be able to:

- identify work stations.
- identify and explain the function of commercial food preparation equipment.

Skill Objectives

Students will:

- operate the variety of equipment used to run a commercial kitchen.
- follow appropriate procedures for safe use of the commercial equipment.
- compare different types of equipment and appropriate uses.
- illustrate a layout for a commercial kitchen.
- differentiate weight versus measure.
- contrast the heat sources used in commercial kitchens.
- select appropriate equipment for task.
- master knife skills.

Sample Assessment

Demonstrate a piece of equipment

Pacing
2 weeks

Unit 3: Menu Planning

Family and Consumer Science Standard

Hospitality, Food Science, Dietetics, Food Production and Services

Students will demonstrate the integration of knowledge, skills, and practices required for careers in hospitality, food science, dietetics, food production and services.

Students will demonstrate menu planning based on standardized recipes to meet customer needs.

Essential Question

What knowledge, skills and practices are required to achieve career success in the hospitality industry?

Focus Questions

- What factors should be taken into consideration when planning restaurant menus?
- What role does the menu play in food service operation?
- What is the importance of standardized recipes?
- What factors affect menu pricing?

Core Topics

- Menu Planning Principles
- Pricing Menu Items
- Use of Standardized Recipes
- Recipe Measurement and conversion
- Calculating Food Costs

Unit Objectives

Students will be able to:

- explain the role of a menu.
- explain the role of a standardized recipe.
- describe methods of portion control and why they are important.
- identify factors that influence menu styling, design and pricing.

Skill Objectives

Students will:

- use truth-in-menu guidelines to write a menu description.
- create interesting menus that offer good nutrition and variety.
- convert a recipe to a standardized form.
- plate food using various methods of portion control.
- construct menus appropriate for a variety of restaurants including the in-school restaurants.

Sample Assessments

- Chef of the Week
- Write a Standardized Recipe

Pacing

2 weeks

Unit 4: Customer Service

Family and Consumer Science Standards

Hospitality, Food Science, Dietetics, Food Production and Services

Students will demonstrate the integration of knowledge, skills, and practices required for careers in hospitality, food science, dietetics, food production and services.

Students will apply customer service strategies to meet client expectations.

Students will use technologically advanced equipment.

Essential Question

What knowledge, skills and practices are required to achieve career success in the hospitality industry?

Focus Question

How does quality customer service ensure repeat sales at a restaurant?

Core Topics

- Service Staff
- Types of Service
- Service Basics
- Types of Dining Establishments
- Table Preparation
- Point-of-Sale System

Unit Objectives

Students will be able to:

- describe the role and duties of each member of the service staff.
- recognize employee traits that will contribute to customer satisfaction.
- describe the different dining environments.
- understand a point-of-sale system and how it increase efficiency.

Skill Objectives

Students will

- demonstrate service skills that provide exceptional customer service.
- utilize selling techniques to increase sales.
- use a point-of-sales system.
- calculate customer checks.
- set correct table cover.

Sample Assessment

Have a customer critique students using a checklist provided by the Food Services teacher

Pacing
2 weeks

Unit 5: Careers

Family and Consumer Science Standards

Consumer Science and Family Resource Management

Students will evaluate management practices related to human, economic, and environmental resources.

Students will investigate career paths in consumer service industries.

Leadership

Students will develop leadership skills, which impact individuals, families, communities, and organizations.

Students will integrate the concepts, strategies, and tools needed which contribute to personal growth, community leadership, democratic principles and social responsibility through participation in Family, Career, and Community Leaders of America (FCCLA).

Essential Questions

- How do we effectively utilize human, economic and environmental resources in our daily lives?
- What leadership skills and knowledge are necessary to work effectively with individuals and cohorts?

Focus Questions

- How does a student prepare for a career in the food service industry?
- How will participating in FCCLA help to prepare for a career in the food service industry?

Core Topics

- Careers in Foodservice
- Food Service Trends
- Education and Training
- Employability Skills

Unit Objectives

Students will be able to:

- describe career opportunities related to food production and service.
- analyze how foodservice trends affect foodservice and food production operations.
- describe educational and training programs that can prepare students for a foodservice career.

Skill Objectives

Students will:

- list ways to prepare for a food service career while still in high school.
- apply basic employability skills in foodservice.

- demonstrate a positive work ethic.
- participate in an FCCLA activity.
- utilize the in-school restaurant as a training ground for future employment.

Sample Assessment

Write a Resume

Pacing

1 week

Unit 6: Cooking Techniques

Family and Consumer Science Standard

Hospitality, Food Science, Dietetics, Food Production and Services

Students will demonstrate the integration of knowledge, skills, and practices required for careers in hospitality, food science, dietetics, food production and services.

Students will demonstrate commercial preparation for all menu categories to produce a variety of food products.

Essential Question

What knowledge, skills and practices are required to achieve career success in the hospitality industry?

Focus Questions

- How do the different methods of cooking affect the end product?
- How do you decide which method of cooking is appropriate?

Core Topics

- How Cooking Alters Food
- Dry Cooking Techniques
- Moist Cooking Techniques
- Combination Cooking Techniques

Unit Objectives

Students will be able to:

- identify the methods of cooking used in commercial food preparation.
- evaluate how cooking affects a food's nutritive value, texture, color, aroma and flavor.

Skill Objectives

Students will:

- demonstrate dry cooking techniques.
- demonstrate moist cooking techniques.
- demonstrate combination cooking techniques.
- contrast different cooking methods used for quality food preparation.
- choose an appropriate cooking technique to achieve desired results.

Sample Assessment

Divide into teams to prepare meal with moist and dry ingredients

Pacing

3 weeks

Unit 7: Plating and Garnishing

Family and Consumer Science Standard

Consumer Science and Family Resource Management

Students will evaluate management practices related to human, economic, and environmental resources.

Students will demonstrate skills needed for product development, testing, and presentation.

Essential Question

How do we effectively utilize human, economic and environmental resources in our daily lives?

Focus Question

How do you enhance the sensory appeal of food?

Core Topics

- Enhancing Food
- Herbs and Spices
- Garnishes
- Plate Composition

Unit Objectives

Students will be able to:

- identify different herbs and spices.
- explain how herbs and spices are used.
- describe various condiments and the foods they accompany.

Skill Objectives

Students will:

- demonstrate the basic rules of plating food attractively.
- prepare a variety of garnishes.
- use herbs and spices appropriately.

Sample Assessment

Plate and Garnish

Pacing

3 weeks

Unit 8: Stocks and Sauces

Family and Consumer Science Standard

Nutrition and Wellness

Demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.

Essential Question

How does nutrition and wellness influence the quality of life?

Focus Questions

- How are stocks, soups, and sauces prepared?
- What are the correct methods for holding, cooling, and storing stocks, soups, and sauces?

Core Topics

- Stocks
- Commercial bases
- Five leading sauces
- Thickening agents
- Classes of soups
- Cooling and storing of soups

Unit Objectives

Students will be able to:

- describe the characteristics and uses of a quality stock
- describe the 5 mother sauces.
- identify the various classes of soups.

Skill Objectives

Students will:

- make a variety of stocks and sauces.
- use stocks and sauces appropriately.
- demonstrate how to prepare various soups, using commercial bases or stocks.
- use thickening agents properly.
- present soups attractively garnished.
- store soups safely for future use.

Sample Assessment

Assign each group a sauce – give demonstration

Pacing

2 weeks

Unit 9: Hot & Cold Sandwiches

Family and Consumer Science Standard

Nutrition and Wellness

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

Students will evaluate factors that affect food safety, from production through consumption.

Essential Question

How does nutrition and wellness influence the quality of life?

Focus Questions

- How are sandwiches prepared and served safely at a commercial level?
- How are a variety of sandwiches utilized and presented within the food service industry?

Core Topics

- Sandwich Types
- Breads and Spreads
- Sandwich Fillings
- Sandwich Accompaniments
- Quality Sandwich Preparation
- Hot and Cold Sandwiches

Unit Objectives

Students will be able to:

- describe different types of sandwiches, fillings, spreads, and accompaniments.
- explain guidelines for preparing and plating hot and cold sandwiches.

Skill Objectives

Students will:

- prepare sandwiches efficiently and safely using quantity techniques.
- prepare garnishes and accompaniments for hot and cold sandwiches.
- plate and garnish sandwiches.
- create unique and diverse sandwiches.
- prepare and serve sandwiches appropriate to the occasion.

Sample Assessment

Sandwich Production Project

Pacing

3 weeks

Unit 10: Garde Manger & Hot Appetizers

Family and Consumer Science Standard

Hospitality, Food Science, Dietetics, Food Production and Services

Students will demonstrate the integration of knowledge, skills, and practices required for careers in hospitality, food science, dietetics, food production and services.

Students will apply team strategies to achieve success in the kitchen.

Essential Question

What knowledge, skills and practices are required to achieve career success in the hospitality industry?

Focus Questions

- What is the importance of garde manger in the commercial food industry?
- What are commercial salad preparation techniques?

Core Topics

- Garde Manger Food and Equipment
- Cold Platter Preparation and Hors d'oeuvres
- Food Enhancement Techniques
- Salads and Salad Dressings

Unit Objective

Students will be able to:

- identify the types of food prepared in the garde manger work station.

Skill Objectives

Students will:

- prepare and plate a variety of cold food platters and hors d'oeuvres.
- demonstrate the tools and techniques of garde manger.
- compose a variety of salads to meet customer needs.
- prepare and serve a variety of different salad dressings.

Sample Assessment

Assessed Platter

Pacing

3 weeks

Unit 11: Meat, Fish and Poultry

Family and Consumer Science Standard

Nutrition and Wellness

Demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will demonstrate safety and sanitation practices in food preparation.

Essential Question

How does nutrition and wellness influence the quality of life?

Focus Questions

- How do you safely prepare, cook, and serve meat, fish, and poultry in a commercial setting?
- How do you incorporate healthy eating habits within a restaurant setting?

Core Topics

- Nutritional Composition of Meats, Fish, and Poultry
- Market Forms Used in Commercial Preparation
- Safe Handling, Storing, Holding, Preparing, and Serving Meat, Fish, and Poultry
- Plating and Garnishing Meat, Fish, and Poultry

Unit Objectives

Students will be able to:

- identify the nutritional composition of meat, fish and poultry.
- consider the principles necessary for commercial preparation of meat, fish and poultry.

Skill Objectives

Students will:

- prepare a variety of meat, fish and poultry products using dry moist and combination cooking methods.
- demonstrate ways to plate and garnish meat, fish and poultry.
- list the market forms of meat, fish and poultry used in commercial preparation.
- demonstrate safe handling, storing, holding and serving of meat, fish and poultry.

Sample Assessment

Plan and Cook a Meal

Pacing

3 weeks

Unit 12: Breakfast

Family and Consumer Science Standard

Nutrition and Wellness

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

Students will analyze factors that influence nutrition and wellness practices across the lifespan.

Essential Question

How does nutrition and wellness influence the quality of life?

Focus Question

How can nutritious breakfast choices be offered within a restaurant setting?

Core Topics

- Breakfast as a Nutritional Meal Choice
- Commercial Preparation of Breakfast Foods

Unit Objectives

Students will be able to:

- identify basic breakfast foods and their nutritional contribution.
- discuss how to prepare breakfast foods for quantity service.

Skill Objectives

Students will:

- create nutritious breakfast menus suitable for service.
- prepare and serve a variety of healthy breakfast foods.
- demonstrate how to plate breakfast foods attractively.

Sample Assessments

- Captain's Breakfast
- Omelets for Service

Pacing

1 week

Unit 13: Pasta and Grains

Family and Consumer Science Standard

Nutrition and Wellness

Demonstrate nutrition and wellness practices that enhance the well being of individuals, families, and communities.

Students will prepare a variety of food products that meet the needs of individual life styles and cultures.

Essential Question

What knowledge, skills and practices are required to achieve career success in the hospitality industry?

Focus Question

Why do we need to incorporate pasta, rice, and other grains into restaurant menus?

Core Topics

- Pasta
- Rice and Other Grains

Unit Objectives

Students will be able to:

- identify various types of pasta, rice, and other grains.
- describe the standards of quality for pasta, rice, and other grains.
- explain the nutritional value of pasta, rice, and other grains.

Skill Objectives

Students will:

- purchase and store pasta, rice, and other grains.
- demonstrate various cooking methods used for pasta, rice, and other grains.
- incorporate pasta, rice, and other grains into a well-balanced menu.
- prepare and serve a variety of nutritious grains.

Sample Assessment

Cooking Pasta/Grain

Pacing

3 weeks

Unit 14: Fruits, Vegetables and Legumes

Family and Consumer Science Standard

Nutrition and Wellness

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

Students will evaluate factors that influence nutritionally linked diseases and disorders.

Essential Question

How does nutrition and wellness influence the quality of life?

Focus Question

How can a restaurant contribute to the healthy eating habits of their customers?

Core Topics

- Fruits
- Vegetables
- Legumes

Unit Objectives

Students will be able to:

- identify the quality characteristics of fresh, frozen, canned, and dried fruits and vegetables.
- identify various types of legumes and their quality characteristics.
- explain how fruits, vegetables and legumes can be a healthy addition to a menu.

Skill Objectives

Students will:

- purchase and store varieties of fresh, frozen, canned, and dried fruits and vegetables, and legumes.
- demonstrate dry, moist, and combination methods of cooking of various fruits and vegetables for restaurant service.
- prepare and serve a variety of legumes.
- purchase and store legumes.
- present fruits, vegetables, and legumes in an appealing manner.

Sample Assessments

- Group demonstrations of preparing vegetables and fruit
- Take home recipe to include dried beans

Pacing

3 weeks

Unit 15: Desserts

Family and Consumer Science Standard

Consumer Science and Family Resource Management

Students will evaluate management practices related to human, economic, and environmental resources.

Students will demonstrate skills needed for product development, testing, and presentation.

Essential Question

How do we effectively utilize human, economic, and environmental resources in our daily lives?

Focus Questions

- How can a restaurant incorporate and prepare healthier dessert choices?
- How can one create luscious desserts for consumer consumption?

Core Topics

- Cookies
- Cakes
- Pies
- Specialty Desserts

Unit Objectives

Students will be able to:

- identify characteristics and types of desserts appropriate for quantity preparation.
- recognize the importance of offering healthy dessert choices.

Skill Objectives

Students will:

- prepare and serve desserts in quantity.
- prepare, bake, frost and decorate cakes using quantity techniques.
- prepare and market quick breads and pies.
- prepare a variety of frozen desserts and puddings for service.
- incorporate healthy cooking techniques into dessert preparation.

Sample Assessment

Make and Decorate a Cake

Pacing

3 weeks