

Martensdale- St. Marys Community School Grades 9-12 Family and Consumer Science Curriculum

Standard 2: Evaluate management practices related to human, economic, and environmental resources.

Grade Level/Course: Food and Nutrition I & II/Advanced Foods

<i>Benchmark: The student will:</i>	<i>Course/Grade Level Objectives</i>	<i>Instructional Strategies</i>	<i>Assessments</i>	<i>Instructional Timeline</i>
<i>2.1 Demonstrate management of individual and family resources, such as food, clothing, shelter, health care, recreation, transportation, time and human capital.</i>	<i>2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families.</i>	<i>*Discussion *Guided practice</i>		

Standard 8: Integrate knowledge, skills, and practices required for careers in food production and services.

Grade Level/Course: Food and Nutrition I & II/Advanced Foods

Benchmark: The student will:	Course/Grade Level Objectives	Instructional Strategies	Assessments	Instructional Timeline
8.1 Analyze career paths within the food production and food services industries.	8.1.1 Explain the roles, duties, and functions of individuals engaged in food production and services career. 8.1.2 Analyze opportunities for employment and entrepreneurial endeavors. 8.1.3 Summarize education and training requirements and opportunities for career paths in food production and services.	*Research project		
8.2 Demonstrate food safety and sanitation procedures.	8.2.1 Identify characteristics of major food borne pathogens, their role in causing illness, foods involved in outbreaks, and methods of prevention. 8.2.2 Employ food service management safety/ sanitation program procedures, including CPR and first aid. 8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management, and report symptoms of illness. 8.2.6 Demonstrate proper	*Think aloud *Research project *Internet research *Guided practice		

	<p><i>purchasing, receiving, storage, and handling of both raw and prepared foods.</i></p> <p><i>8.2.7 Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods, between raw and ready-to-eat foods, and between animal and fish sources and other food products.</i></p>			
<p><i>8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment.</i></p>	<p><i>8.3.5 Demonstrate procedures for safe and secure storage of equipment and tools.</i></p> <p><i>8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.</i></p>	<p><i>*Note taking</i></p> <p><i>*Guided practice</i></p>		
<p><i>8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs.</i></p>	<p><i>8.4.2 Apply menu planning principles to develop and modify menus.</i></p> <p><i>8.4.3 Analyze food, equipment, and supplies needed for menus.</i></p> <p><i>8.4.7 Apply principles of measurement, portion control, conversions, food cost analysis and control, menu terminology, and menu pricing to menu planning.</i></p>	<p><i>*Student SG</i></p> <p><i>*Guided practice</i></p>		
<p><i>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to</i></p>	<p><i>8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.</i></p> <p><i>8.5.3 Utilize weights and measurement tools to demonstrate</i></p>	<p><i>*Note taking</i></p> <p><i>*Lab experience</i></p> <p><i>*Demonstration</i></p>		

<p><i>produce a variety of food products that meet customer needs.</i></p>	<p><i>knowledge of portion control and proper scaling and measurement techniques.</i></p> <p><i>8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.</i></p> <p><i>8.5.5 Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.</i></p> <p><i>8.5.6 Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</i></p> <p><i>8.5.7 Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.</i></p> <p><i>8.5.8 Prepare various salads, dressings, marinades, and spices using safe handling and professional preparation techniques.</i></p> <p><i>8.5.10 Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</i></p> <p><i>8.5.11 Prepare breakfast meats, eggs, cereals, and batter products using safe handling and professional preparation techniques.</i></p>			
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	<p>8.5.12 Demonstrate professional plating, garnishing, and food preparation techniques.</p> <p>8.5.13 Examine the applicability of convenience food items.</p> <p>8.5.14 Demonstrate cooking methods that increase nutritional value, lower calories and fat content, and utilize herbs and spices to enhance flavor.</p>			
<p>8.7 Demonstrate the concept of internal and external customer service.</p>	<p>8.7.1 Analyze the role of quality service as a strategic component of exceptional external customer service.</p> <p>8.7.3 Analyze the relationship between employees and customer satisfaction.</p>	<p>*Discussion</p> <p>*Role playing</p> <p>*Written responses</p>		

Standard 14: Demonstrate nutrition and wellness practices that enhance individual and family well-being.

Grade Level/Course: Food and Nutrition I & II/Advanced Foods

Benchmark: The student will:	Course/Grade Level Objectives	Instructional Strategies	Assessments	Instructional Timeline
14.2 Evaluate the nutritional needs of individuals and families in relation to health and wellness across the life span.	14.2.1 Analyze the effect of nutrients on health, appearance, and peak performance. 14.2.2 Analyze the relationships of nutrition and wellness to individual and family health throughout the life span. 14.2.3 Analyze the effects of food and diet fads, food addictions, and eating disorders on wellness. 14.2.4 Analyze sources of food and nutrition information, including food labels, related to health and wellness.	*Written responses *Think aloud *Guided practice *Discussion		
14.3 Evaluate various dietary guidelines in planning to meet nutrition and wellness needs.	14.3.1 Apply various dietary guidelines in planning to meet nutrition and wellness needs. 14.3.3 Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods.	*Student SG *Guided practice *Think, pair, share		
14.4 Evaluate factors that affect food safety, from	14.4.1 Analyze conditions and practices that promote safe food	*Think aloud *Research project		

<p><i>production through consumption.</i></p>	<p><i>handling.</i> 14.4.2 <i>Analyze safety and sanitation practices throughout the food chain.</i> 14.4.5 <i>Analyze food borne illness factors, including causes, foods at risk, and methods of prevention commercially and by individuals and families.</i> 14.4.6 <i>Analyze public dialogue about food safety and sanitation.</i></p>	<p><i>*Internet research</i> <i>*Guided practice</i></p>		