

**WARREN COUNTY SCHOOL DISTRICT**

PLANNED INSTRUCTION

**COURSE DESCRIPTION**

**Course Title:** Foods: Preparation and Techniques

**Course Number:** 00774

**Course Prerequisites:** none

**Course Description:** Foods Preparation and Techniques is an elective course for grades 10-12. The course will investigate the preparation and techniques in cooking including kitchen safety and sanitation techniques, knife skills, and uses of food cookery. Students will learn to create food products in the areas of grains, dairy, proteins, vegetables, and fruit. The students will learn garnishing and various cutting techniques. Students will also investigate international cuisine offerings and customs. The course will require a final exam. It is recommended that no more than five students per kitchen be placed in the class to maintain a safe environment.

**Suggested Grade Level:** Grades 9-12

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG 44 Family & Consumer Sciences

To find the CSPG information, go to [CSPG](#)

**Certification verified by the WCSD Human Resources Department:** Yes No

**WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

F – Final Average MP – Marking Period EXM – Final Exam

**GPA Type:**  GPAEL-GPA Elementary  GPAML-GPA for Middle Level  NHS-National Honor Society

UGPA-Non-Weighted Grade Point Average  GPA-Weighted Grade Point Average

**State Course Code:** Food Preparation and Health Management: 19252

To find the State Course Code, go to [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and chose the correct code that corresponds with the course.

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**TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Board Approved Textbooks, Software, and Materials:**

**Title:** Food for Today  
**Publisher:** McGraw Hill Glencoe  
**ISBN #:** 978-0-07-888399-8  
**Copyright Date:** 2010  
**WCSD Board Approval Date:** January 9, 2017

**Supplemental Materials:**

**Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** Fall 2016  
**Date Approved:** 1/9/2017  
**Implementation Year:** 2017 - 2018

**SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

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**SCOPE AND SEQUENCE OF CONTENT, CONCEPTS, AND SKILLS**

<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Month Taught and Assessed for Mastery</b>
Identify the causes of food borne illness	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Explain the importance of cleanliness in the kitchen	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Summarize ways to cook, thaw, and serve food safely	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Describe safe food storage practices	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Describe the roles of government agencies in protecting the food supply	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
List six ways to prevent accidents in the kitchen	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Explain why it is important to follow safety guidelines	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Describe factors to consider when selecting kitchen components	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Describe seven common types of cookware	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
List the nine types information a recipe provides	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Apply the kitchen conversion chart to kitchen labs	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Explain guidelines for proper knife safety	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Explain the benefits of learning specialized cooking techniques	11.3.A, 11.3.E, 11.3.F, 11.3.G,	September October
Explain ecosystems and their relationship to food.	11.3.A	October November
Describe the main sources of the U.S. food supply and the steps food takes from farm to consumption.	11.3.A	October November
Identify global food problems and explain their causes.	11.3.A	October November
Explain global water problems.	11.3.A	October November
Describe solutions to global food problems.	11.3.A	October November
Describe the nutritional benefits of fruit	11.3.F, 11.3.G, 11.3.12.G	November December
Identify the six major types of fruits	11.3.F, 11.3.G, 11.3.12.G	November December
Explain how to store fresh fruits	11.3.F, 11.3.G, 11.3.12.G	November December
Describe enzymatic browning and how to prevent it	11.3.F, 11.3.G, 11.3.12.G	November December
Identify the types and uses of convenience forms of fruit	11.3.F, 11.3.G, 11.3.12.G	November December
Describe methods for cooking fruits	11.3.F, 11.3.G, 11.3.12.G	November December
List the nutrients found in vegetables	11.3.F, 11.3.G, 11.3.12.G	November December
Identify the eight types of vegetables	11.3.F, 11.3.G, 11.3.12.G	November December

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<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Month Taught and Assessed for Mastery</b>
Explain how to store vegetables	11.3.F, 11.3.G, 11.3.12.G	November December
Describe how to prepare fresh vegetables	11.3.F, 11.3.G, 11.3.12.G	November December
Describe how to prepare fresh vegetables	11.3.F, 11.3.G, 11.3.12.G	November December
Identify the types and uses of convenience forms of vegetables	11.3.F, 11.3.G, 11.3.12.G	November December
Describe how food is made from grains	11.3.F, 11.3.G, 11.3.12.G	November December
Name and describe six grains used around the world	11.3.F, 11.3.G, 11.3.12.G	November December
Explain what to look for when buying grain products	11.3.F, 11.3.G, 11.3.12.G	November December
Describe how to prepare grains for eating	11.3.F, 11.3.G, 11.3.12.G	November December
Explain the nutritional value of dairy foods	11.3.F, 11.3.G, 11.3.12.G	November December
List four different foods that come from milk	11.3.F, 11.3.G, 11.3.12.G	November December
Describe the differences between fresh cheese and ripened cheese	11.3.F, 11.3.G, 11.3.12.G	November December
Summarize reasons for using dairy substitutes	11.3.F, 11.3.G, 11.3.12.G	November December
Explain how to properly store dairy foods	11.3.F, 11.3.G, 11.3.12.G	November December
Describe the effects of heat on milk and cream	11.3.F, 11.3.G, 11.3.12.G	November December
Identify and describe three important parts of an egg	11.3.F, 11.3.G, 11.3.12.G	November December
Describe the nutrients found in eggs	11.3.F, 11.3.G, 11.3.12.G	November December
Explain how to safely store eggs	11.3.F, 11.3.G, 11.3.12.G	November December
Summarize why eggs act as a binder	11.3.F, 11.3.G, 11.3.12.G	November December
Describe how beating affects egg whites	11.3.F, 11.3.G, 11.3.12.G	November December
Explain three main parts of meat	11.3.F, 11.3.G, 11.3.12.G	November December
Describe nutritional value of meat	11.3.F, 11.3.G, 11.3.12.G	November December

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<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Month Taught and Assessed for Mastery</b>
Identify and explain the most common grades of beef and types of poultry	11.3.F, 11.3.G, 11.3.12.G	November December
List methods for cooking meat	11.3.F, 11.3.G, 11.3.12.G	November December
Explain what makes food powerful	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B,	December January
Describe the role of science in food preparation and production.	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B,	December January
Summarize the ways that food proves pleasure in special events and daily living.	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B,	December January
Examine the learned skills that are attained during the learning process about food in various aspects of life.	11.3.A, 11.3.B, 11.3.C, 11.3.D, 11.3.F, 11.2.B,	December January
Explain the benefits of meal planning	11.3.G, 11.3.12.G	December January
Explain how to create and meet a food budget	11.3.G, 11.3.12.G	December January
Describe convenience foods and how they can be used to save time while cooking	11.3.G, 11.3.12.G	December January
Describe ways to make a meal appealing to the senses	11.3.G, 11.3.12.G	December January
Explain how to develop a meal plan for a week	11.3.G, 11.3.12.G	December January
Identify places to shop for food and explain how to choose a store	11.3.G, 11.3.12.G	December January
Explain how to plan your shopping to be effective and easy	11.3.G, 11.3.12.G	December January
Describe how to use food labels to understand the food you eat	11.3.G, 11.3.12.G	December January
Summarize how to shop smart to get quality foods and save money	11.3.G, 11.3.12.G	December January
List four types of tableware and describe their uses	11.3.G, 11.3.12.G	December January
Describe how to arrange flatware on a cover	11.3.G, 11.3.12.G	December January
List and describe four ways of serving meals at home	11.3.G, 11.3.12.G	December January
List the things that should be included on an invitation	11.3.G, 11.3.12.G	December January

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Performance Indicator	PA Core Standard and/or Eligible Content	Month Taught and Assessed for Mastery
Describe how knowing proper table etiquette can help you	11.3.G, 11.3.12.G	December January
Explain how to calculate a standard tip	11.3.G, 11.3.12.G	December January

**ASSESSMENTS**

**PSSA Academic Standards, Assessment Anchors, and Eligible Content:** The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Pre-Assessments of prior knowledge (e.g. entrance cards or KWL chart) • Labs/lab reports • Bell ringers/Problems of the Day (PODs) • Discussions • Teacher observation/Questioning • Graphic organizers (e.g. Venn diagrams, word mapping, webbing, KWL chart, etc.) • Summarizing • Retelling • Notetaking • Problem-based learning modules • Authentic assessment • Oral presentations • Outlining • Journaling • Student presentations/projects • Open-ended response • Classroom Performance System (CPS)

**Summative Assessments:** The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Essays • Open-Ended Responses • Projects • Quizzes/tests • Student presentations • Portfolios