

# **Foods 2 Revisions 2017**

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## **2014 Revision Strands**

1. Students will review and apply the skills of kitchen management, safety and sanitation
2. Demonstrate food preparation techniques and nutrition of yeast breads
3. Apply budgeting and consumerism skills to manage food costs
4. Demonstrate food preparation techniques and nutrition of meats, poultry and seafood
5. Apply proper procedures for knives and knife cuts
6. Students will demonstrate food preparation techniques and nutrition of salads
7. Students will explore health concerns incorporating guidelines from MyPlate and current dietary guidelines throughout the life span
8. Students will demonstrate food preparation and nutrition of soups and sauces
9. Identify and apply the elements of meal planning, meal management and meal service
10. Demonstrate food preparation techniques and nutrition of pies/tarts
11. Students will discuss career options and employment skills required in the food service industry

## **Current Revision Strands**

1. Students will review and apply the skills of kitchen management, safety and sanitation
2. Students will explore changing nutritional needs through the life span and health concerns related to diet
3. Explore the purposes of planning meals: provide good nutrition, control cost and present a complete dining experience
4. Explore preparation principles of yeast breads
5. Identify commonly used meat and poultry and appropriate preparation techniques
6. Students will identify the purpose of and explore preparation techniques of salads
7. Students will explore and prepare soups and sauces
8. Demonstrate food preparation techniques of pies
9. Students will explore career options and employment skills required in the food and hospitality industries

## **Strands and Standards**

### **What's New?**

- Food Contaminates – physical, chemical, biological
- Less information on cutting boards
- Less information on Athletic nutritional needs
- Removed label terminology, simplified
- More table setting information
- Enriched Dough is Rich Dough
- Simplified, removed some information, re-arranged information to better flow (we hope)

## **Strands and Standards**

### **What's Gone?**

- Some equivalents
- Equipment food processor, immersion blender
- Mixing Methods in Breads – culinary level
- Bread ingredients and functions was taught in Foods 1

## **Strands and Standards (continued)**

### **What's Gone?**

- Shaping dough in breads
- Nutritional information in breads, meats, salads, soups and pies - taught in Foods 1
- Layout of grocery store and shelf placement information
- Food Label terms are gone
- Information on ground meats
- Seafood – culinary level
- Trimming excess fat from meat
- Most of the information on cutting boards, too much information
- Sanitation and storage of knives
- Knife skills in salads
- Categories of Salads – confused kids, especially on tests
- Myplate – taught in Foods 1
- Knife skills in soups
- Factors that influence food costs
- Flatware placement – American Style and Continental Style

### **Performance Objectives**

#### **What's New?**

- Prepare a nutrient dense food addressing any of the concerns in Strand 2 (life cycle, sports nutrition or diseases related to foods)
- Prepare a mother sauce, thick soup or stock soup.

### **Performance Objectives**

#### **What Stayed the Same?**

- Meat lab with thermometer
- Yield Lab
- Salad Lab
- Pie or Tart Lab
- Career research

### **Performance Objectives**

#### **What's Gone?**

- Demonstrate food safety and sanitation (can't be measured)
- Demonstrate mise en place and clean up (can't be measured easily)
- Still doing knife cuts, not evaluating the setup of a knife work station
- Preparation of food consumed before, during or after sporting events/exercise (incorporated into performance objective 3)
- No scaling for the yeast bread lab (doesn't work well with small batches of bread) Still doing a yeast bread lab.
- No incorporating mother sauce into a cream soup
- Plan, prepare and evaluate meal