Fremont High Foods and Nutrition 2

1st Term – 90 Minutes

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| Date | Topic | Assignments | Lab or Demo |
| Day 18/20-8/21 | Introductions and name games | Disclosure Documents and introductions – teacher and student. Name game or M&M game.  |  |
| Day 2 8/22-8/25S1 O1 | Kitchen Management Safety and Sanitation  | PB&J demo – questions along the way about sanitation. Kitchen Safety Video with notes. Sanitation worksheet. Storage and  | PB&J demo – ¼ sandwich per student |
| Day 3 8/26-8/27S1 O1 | KM Food Borne Illness, correct cooking temperatures | Food Borne Illness presentation. Activity – food borne illness stations. Introduce cooking temperatures. Cooking temperature game. Food borne illness scenarios. Danger zone and Reheating temperatures – cooling foods and hours needed.  |  |
| Day 48/28-8/29S1 O1 | KM FIFO and personal hygiene, basic first aid | Intro FIFO, notes, review personal hygiene, notes, and Poster Assignment incorporating both FIFO and personal hygiene. Wrap up – review first aid. |  |
| Day 59/2-9/3S1 O2 | KM Abbreviations and equivalents, Correct Measurements | Measuring Demo Mr. E’s cookies. Measuring worksheet with abbreviations. Note card crib sheet for equivalents | Measuring Demo Chocolate Chip Cookies |
| Day 69/4-9/5S1 O2 | KM Culinary Terms, clean and sanitize | Cross contamination bell quiz – Zits. Culinary terms ppt and ws with definitions. Watch episode of Chopped and record all cooking terms used. Define clean and sanitize – have students sanitize counters and clean tables.  |  |
| Day 79/8-9/9S1 O2 | KM Yield and lab & Culinary Terms | Yield assignment using equivalents crib sheet. Yield recipe hand out for lab. Check the amounts. Lab | Yield lab – Peanut Butter Cookies |
| Day 89/10-9/11S1 O2 | KM Small appliances and scale activity, thermometer calibration KM Review | Small equipment WS and usage. Intro scale and demo how to weigh correctly also show internal probe thermometer and teach calibration. Student practice using scale and calibrate thermometers with WS. Kitchen Management Review handed out.  | Scale demo and practice lab.  |
| Day 99/12-9/15S5 O1 | Kitchen Safety Knife Skills Introduction and practice assignment | Identify types, use and care of knives. Introduce knife cuts. Discuss station set up, sanitation, and storage of knives. Introduce knife cuts – Student practice with lab.  | Lab: Carrots and celery with fresh ranch |
| Day 109/16-9/17S5 O1 | KS Knife skills demo and lab KS review | You tube clips as reminders for student knife cuts. Demo cuts if questions. Lab with specific knife cuts assigned. ½ page knife skills review handed out to be completed while students prepare lab.  | Lab: Vegetable Bacon Stir Fry |
| Day 119/18-9/19 | KM and KS  | \*\*\*Wiggle room – worried about early classes.  |  |
| Day 129/22-9/23 | KM and KS assessment | KM and KS Assessment – Correct in class. Reviews due.  |  |
| Day 139/24-9/25 | SaladsS6 O1 O2 | Salads Listening Guide and PPT. Instructions for lab given and tasters table of different dressings. Lab evaluation of dressings on listening guide.  | Lab: Dressings Mayonnaise based and Vinaigrettes  |
| Day 149/26-9/29 | SaladsS6 O4,O5,O6 | Salads and MyPl. Nutrient involved, functions in the body, vitamins and minerals found in salads. Types of salads and categories. White board activity with salad pictures |  |
| Day 159/30-10/1 | Salads S6 O3&O6 | Review types of salads as a class. Composition Salads lab and tasters table. | Lab: Composition salads (taster’s table) |
| Day 1610/2-10/3S7 O1 | Health Concerns – Life span and MyPlate | Intro nutrition through the life span. PPT nutritional needs for children using MyPl with plate assignment based on age, gender and activity level. Ages 12 months to 11 years. Evaluate lab and ingredients for this category. | Lab: Cereal Snacks |
| Day 1710/6-10/7S7 O1&O2 | HC Teen Athletes | Adolescence and Teen athletes (12-20) – PPT notes on training, pre-event exercise, hydration, during event/exercise and recovery. MyPl with plate assignment. Evaluate lab and ingredients for topic. | Lab: Energy bars or balls |
| Day 1810/8-10/9S7 O1 | HC Adult and Elderly | Adult (21 to 60) and elderly (60+). Current MyPl recommendations. MyPl with plate assignment.  | Lab: High Fiber Quick Bread |
| Day 1910/10-10/13S7 O3 | HC Diabetes and Anemia | Health Concerns Chart information and Lab instructions. Student evaluation of ingredients in lab and applications of prevention. MyPlate application? | Lab: Quick Chili |
| Day 2010/14-10/15S7 O3 | HC Heart Disease and Colon Cancer | Guest Speaker? Prevention of heart disease and colon cancer? Hospital videos? Students create a healthy eating plan that will help prevent both diseases. Using MyPlate and Dietary Guidelines to create a pamphlet to promote prevention.  |  |
| Day 2110/20-10/21S7 O3 | HC Osteoporosis | Health concerns chart information and la. Student evaluation of lag and applications of prevention | Lab: Breakfast Pudding Parfaits |
| Day 2210/22-23S7 O3 | HC Obesity | Weight Management PPT and Listening Guide, student active and resting heart rate. Discuss BMI and healthy eating behaviors.  |  |
| End of 1st Term |
| Day 2310/27-28 | HC Assessment and ConsumerismS3 O2 | Life Span/Health Concerns Assessment (scantron). Introduce Consumerism Label reading assignment. Lab and label creation. | Lab: Green Smoothie with label creation |
| Day 2410/29-30 | ConsumerismS3 O1Buffet Etiquette | 10/29: Consumerism notes and PPT. Video “Savvy Shopper” with 15 facts notes. Unit Pricing Assignment.10/30 Buffet Manners and Etiquette.Halloween Buffet and Taster’s Table | Lab: Halloween Buffet |
| Day 2510/31-11/3 | Buffet EtiquetteConsumerismS3 O1 | 10/31 Buffet Manners and Etiquette.Halloween Buffet and Taster’s Table11/3 Consumerism notes and PPT. Video “Savvy Shopper” with 15 facts notes. Unit Pricing Assignment. | Lab: Halloween Buffet |
| Day 2611/4-11/5 | Soups and Sauces | Introduce Mother Sauces. Demo Bechamel. Assign each lab to make a mother sauce using information from demonstration.  | Demo– Mother Sauce Lab: Mother SaucesTaster’s table.  |
| Day 2711/6-11/7 | Soups and Sauces | Mother Sauce listening guide and PPT. Soups PPT and listening guide – storage and reheating emphasized. Temperature Game |  |
| Day 2811/10-11 | Soups and Sauces | Review soup information and labs. Take and bake rolls for each lab to bake while they make their soups | Lab – Cream Soups with different Mother Sauces. Taster’s table |
| Day 2911/12-13 | Yeast Breads | Demo Quick Cinnamon Rolls. Start Yeast Bread listening guide.  | Demo: Quick Cinnamon Rolls |
| Day 3011/14-17 | Yeast Breads | Lab day – will need entire time. Evaluation of final product before leaving.  | Lab: Quick Cinnamon Rolls |
| Day 3111/18-19 | Yeast Breads | Finish Yeast Breads Listening Guide. Yeast activity and water temperatures using probe thermometers. Yeast and sugar activity.  |  |
| Day 3211/20-21 | Meal PlanningS9 O5 | Etiquette- Notes, dos and don’ts, scenarios | Lab: Quick Italian Cheese Bread |
| Day 3311/24-25 | Meal PlanningS9 O2&03 | Meal Planning ppt and listening guide. Factors that influence food costs/budgets when meal planning. Grocery Ad assignment. FCCLA work plan assignment for upcoming class with recipes and time line.  |  |
| Day 3412/1-2 | Meal Planning | Complete meal assessment. Go over rubric with students before starting and then grade accordingly.  | Lab: Complete Meal Assessment. Mexican Lasagna, Corn Bread Muffins and Fruit Kabobs with dip |
| Day 3512/3-4 | Meat and Protein | Protein PPT and listening Guide. Protein practice with calories per gram.  |  |
| Day 3612/5-8 | Meat and Protein | Review internal probe thermometers and calibration. Instructions on steak cooking. Lab. Exit ticket – what nutrients were in the lab? | Lab: Steak Stir Fry – Internal Probe Thermometers |
| Day 3712/9-10 | Pies and Tarts | Introduce pastries. Pastries PPT and listening guide. Pastry dough demo with food processor. Finish pastry worksheets. Cookies! | Demo: Food Processor Pastry Dough – make Cinnamon and Sugar Cookies.  |
| Day 3812/11-12 | Pies and Tarts | Reminders on pastry dough – each lab will make a pie filling. Evaluation of nutrients in pies and tarts as exit ticket.  | Lab: Tarts – and fillings.  |
| Day 3912/15-16 | Careers | Career exploration day – Computer lab? Career options, employment skills needed, educational requirements needed in the culinary or food service world.  |  |
| Day 4012/17-18 | Holiday Treats | Assignment – make as many different cookies as possible with one basic cookie dough.  | Lab: Holiday treats from one cookie dough |
| Day 4112/19-22 | Review | Written Review | Treats for students at end of class |
| Day 421/5-6 | Review | The Great Race Review  | Chocolate Candy Bars. |
| Day 431/7-8 | Final | State Skills Test | Quick recapRecycle all packets |
| End 2nd Term |