**Scope and Sequence Foods and Nutrition II**

**Second Semester**

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| **Day** | **Standard** | **Objective** | Task | **Unit** |
| Day 1  Jan. 13th | Standard 1 | Objective 1. C  Identify and demonstrate the importance of personal hygiene | Cupcake Demo | Unit 1 |
| Day 2  Jan. 15th | Standard 1 | Objective 1. C  Discuss use of gloves | Who Makes Your Sandwich Activities  Introduce Career Investigation Assignment | Unit 1  Performance Objective 12 |
| Day 3  Jan. 20th |  |  | Class Business  Seating chart, disclosure document, binders, etc. |  |
| Day 4  Jan. 22nd | Standard 1 | Objective 1. D E  Work Surfaces,  Safety Rules and First Aid | Kitchen Safety Video, Unit 1 Assignments | Unit 1 |
| Day 5  Jan. 26th  Mon. Advisory | Standard 1 | Objective 2  Culinary terms, abbreviations, measuring techniques | Measuring Assignment, Plan for Sandwich Competition | Unit 1 |
| Day 6  Jan. 28th | Standard 9 | Meal Planning  Work Chart | Sandwich Competition **LAB#1** | Performance Objective 1, 2, 10 |
| Day 7  Jan. 30th | Standard 1 | Objective 1. A B  Food borne illness, temperatures, FIFO | Announce winners of competition.  Microorganisms and you crossword, Sanitation Boxes | Unit 1 |
| Day 8  Feb. 3rd | Standard 1& 5 | Standard 1 Objective 3  Small appliances and equipment  Standard 5 Objective 1  Types, use and care of knives | Knife Knowledge 101 video. Equipment bell work and lecture | Unit 1 |
| Day 9  Feb. 5th | Standard 5 | Objective 2 Identify and demonstrate different knife cuts | Unit 1 assignments  Practice knife cuts activity | Unit 1  Performance Objective 6 |
| Day 10  Feb 9th  Monday | Standard 2 | Objectives 1-5 | Yeast Bread Demo  Yeast Bread Worksheet | Unit 1 |
| Day 11  Feb. 11th |  |  | **LAB #2** Strawberry Shortcakes Valentine’s Day Lab | Performance Objective 1-3 |
| Day 12  Feb 13th |  | FCCLA Cookie Sales | Finish up **Unit 1-DUE**  Cut and Paste Terms Assignment | Unit 1 |
| Day 13  Feb. 18th | Standard 2 |  | **LAB #3** Pizza | Performance objective 4 |
| Day 14  Feb 20th |  |  | **Correct Unit 1-TEST** |  |
| Day 15  Feb 24th | Standard 2 |  | Quick Wheat Bread  **LAB #4** | Performance Objective 4 |
| Day 16  Feb. 26th | Standard 8 | Objective 1  Identify the five Mother Sauces | Mother Sauces Assignment  Mother Sauces Booklets | Unit 2 |
| Day 17  March 2nd  Mon. Advisory | Standard 8 | Objectives 2-5  Cream and Stock based soups, storage of, techniques, nutritional guidelines | Soup Video Clips  Soup Assignment | Unit 2 |
| Day 18  March 4th | Standard 8 | Standard 8 | **LAB #5** Marinara Sauce/Spaghetti and Breadsticks | Unit 2  Performance  Objective  8 and 9 |
| Day 19  March 6th | Standard 6 | Objectives 1-6  Arrangement of, dressings, types, nutrients | Salad Assignments | Unit 2 |
| Day 20  March 11th |  | State FCCLA | Make up day-Finish soup, salad assignments and mother sauces booklet | Unit 2 |
| Day 21  March 13th | Standard 6 | Objectives 1-6 | **LAB #6** Salads | Performance Objective 7 |
| Day 22  March 17th | Standard 8 | Objective 2 identify and prepare Objective 4 knife skills | **LAB #7** Soups | Performance Objective 9 |
| Day 23  March 19th | Standard 4 | Objectives 1-5 internal temperatures, types of, cooking methods, inspection and grading, nutrients | **Meats Lecture Guide Assignment**  PowerPoint and textbook reading | Unit 2 |
| **End of 3rd Term** |  |  |  |  |
| Day 24  March 23rd  Mon. Advisory | Standard 6, 8 and 4  Standard 10 | Review  Objectives 1-4 | PowerPoint Guide Assignment  Pies Worksheet | Unit 2 |
| Day 25  March 25th | Standard 1 | Objectives 1-3 Preparation techniques, ingredient functions, types and storage | **LAB #8** Pie Lab | Performance Objective 11 |
| Day 26  March 27th |  | **Eat Pies** | Complete **Unit 2 DUE** | Unit 2 |
| Day 27  March 31st | Standard 8 | Objective 2. A  Apply and prepare a béchamel based sauce. | **LAB #9** Mac and Cheese | Unit 2 |
| Day 28  April 2nd | Standards  6, 8, 4, 10 | Salads, Soups, Meats and Pies | Correct Unit 2 **Unit 2 Test** | Unit 2 |
| Spring Break  April 6th-10th |  |  |  |  |
| Day 29  April 13th  Mon. Advisory |  | Pass Back Unit Packet Rubric and go over test scores and questions | Hand out and start Unit 3  Place setting assignment | Unit 3 |
| Day 30  April 15th | Standard 3 | Objectives 1 and 2  Consumerism, budgeting, shopping guidelines, food labels, terms | Bellwork covers Food Label Terms,  Class Discussion and Article  Supermarket Persuasion DVD Complete Unit Assignment | Unit 3 |
| Day 31  April 17th | Standard 3 | Objective 1- C and D | Finish up consumerism assignment. Taste Testing of Brands. Possible guest speaker on Marketing, Coupon Shopping | Unit 3 |
| Day 32  April 21st | Standard 7 | Objective 3  Classify common food and nutrition related health concerns | Nutrition Related Diseases Booklets, Computer Lab for research | Unit 3 |
| Day 33  April 23rd | Standard 1 |  | **LAB #10**  **Crepes** | Performance Objectives  1 & 2 |
| Day 34  April 27th  Mon. Advisory | Standard 7 | Objective 3 | Finish Nutrition Related Diseases Booklets  Start Meal Planning Assignment | Unit 3 |
| Day 35  April 29th | Standard 7 | Objective 1  Identify the changing nutritional needs across the life span | PowerPoint, Lecture, Notes | Unit 3 |
| Day 36  May 1st | Standard 7 | Objective 2  Identify sports nutrition guidelines for athletes and/or an active lifestyle | Assignment  Possible Guest Speaker | Unit 3 |
| Day 37  May 5th | Standard 4  Standard 9 | Objective 3  Objective 5 | **LAB #11** Grilled Chicken Tacos Etiquette Video | Performance Objective 5 |
| Day 38  May 7th | Standard 11 | Objective 1  Identify various career opportunities and educational requirements | Career Investigation Assignment Report | Unit 3 |
| Day 39  May 11th  Mon. Advisory | Standard 9 | Objective 1-5  Create a work plan | Correct Unit 3 Assignments  Finish up meal planning | Unit 3 |
| Day 40  May 13th | Standard 9 | Objective 5  Identify and demonstrate proper table setting and etiquette | Meal Planning Assignment **LAB #12** | Performance Objective 10 |
| Day 41  May 15th |  |  | Review State Test |  |
| Day 42  May 19th |  |  | **STATE TEST** |  |
| Day 43  May 21st | Standard 1 | Clean vs Sanitized | Cleaning Assignment  Awards for State Testing |  |
| Day 44  May 26th |  | Make up day cleaning |  |  |
| Day 45  May 28th |  | Final Check out day |  |  |
| Graduation May 29th |  |  |  |  |

**Unit 1** Standard 1 Students will review and apply the skills of kitchen management, safety and sanitation.

Standard 2 Demonstrate food preparation techniques and nutrition of yeast breads.

Standard 5 Apply proper procedure for knives and knife cuts.

**Unit 2** Standard 6 Students will demonstrate food preparation techniques and nutrition of salads.

Standard 8 Students will demonstrate food preparation and nutrition of soups and sauces.

Standard 4 Demonstrate food preparation techniques and nutrition of meats, poultry and seafood.

Standard 10 Demonstrate food preparation techniques and nutrition of pies/tats.

**Unit 3** Standard 3 Apply budgeting and consumerism skills to manage food costs.

Standard 7 Students will explore health concerns incorporating guidelines from Myplate and current Dietary Guidelines throughout the life span.

Standard 9 Identify and apply the elements of meal planning, meal management, and meal service.

Standard 11 Students will discuss career options and employment skills required in the food service industry.

Performance Objective 1 All Labs

Performance Objective 2 All Labs

Performance Objective 3 Lab 2 Strawberry Shortcakes

Performance Objective 4 Lab 3 & 4 Pizza Dough and Quick Wheat Bread

Performance Objective 5 Lab 11-Chicken Tacos

Performance Objective 6 Day 9 Activity-Knife Cuts

Performance Objective 7 Lab 6-Salad

Performance Objective 8 Lab 5-Marinara and Spaghetti

Performance Objective 9 Lab 1 Lab 12

Performance Objective 10 Day 38 Assignment

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