**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. CIdentify and demonstrate the importance of personal hygiene | Cupcake Demo | Unit 1 |
| Day 2Jan. 15th  | Standard 1  | Objective 1. CDiscuss use of gloves  | Who Makes Your Sandwich Activities Introduce Career Investigation Assignment | Unit 1Performance Objective 12 |
| Day 3Jan. 20th  |  |  | Class BusinessSeating chart, disclosure document, binders, etc.  |  |
| Day 4Jan. 22nd  | Standard 1  | Objective 1. D EWork Surfaces,Safety Rules and First Aid | Kitchen Safety Video, Unit 1 Assignments  | Unit 1 |
| Day 5Jan. 26th Mon. Advisory | Standard 1  | Objective 2Culinary terms, abbreviations, measuring techniques  | Measuring Assignment, Plan for Sandwich Competition  | Unit 1 |
| Day 6Jan. 28th  | Standard 9  | Meal PlanningWork Chart | Sandwich Competition **LAB#1** | Performance Objective 1, 2, 10 |
| Day 7Jan. 30th  | Standard 1 | Objective 1. A BFood borne illness, temperatures, FIFO | Announce winners of competition. Microorganisms and you crossword, Sanitation Boxes | Unit 1  |
| Day 8Feb. 3rd  | Standard 1& 5 | Standard 1 Objective 3Small appliances and equipment Standard 5 Objective 1Types, use and care of knives  | Knife Knowledge 101 video. Equipment bell work and lecture | Unit 1 |
| Day 9Feb. 5th  | Standard 5 | Objective 2 Identify and demonstrate different knife cuts  | Unit 1 assignmentsPractice knife cuts activity  | Unit 1Performance Objective 6 |
| Day 10Feb 9th Monday | Standard 2  | Objectives 1-5 | Yeast Bread DemoYeast Bread Worksheet  | Unit 1 |
| Day 11 Feb. 11th  |  |  | **LAB #2** Strawberry Shortcakes Valentine’s Day Lab  | Performance Objective 1-3 |
| Day 12Feb 13th  |  | FCCLA Cookie Sales | Finish up **Unit 1-DUE**Cut and Paste Terms Assignment  | Unit 1 |
| Day 13Feb. 18th  | Standard 2 |  | **LAB #3** Pizza  | Performance objective 4 |
| Day 14Feb 20th  |  |  | **Correct Unit 1-TEST** |  |
| Day 15Feb 24th  | Standard 2  |  | Quick Wheat Bread**LAB #4** | Performance Objective 4 |
| Day 16Feb. 26th | Standard 8 | Objective 1Identify the five Mother Sauces | Mother Sauces AssignmentMother Sauces Booklets  | Unit 2 |
| Day 17March 2nd Mon. Advisory | Standard 8 | Objectives 2-5Cream and Stock based soups, storage of, techniques, nutritional guidelines  | Soup Video ClipsSoup Assignment  | Unit 2 |
| Day 18March 4th  | Standard 8 | Standard 8 | **LAB #5** Marinara Sauce/Spaghetti and Breadsticks | Unit 2Performance Objective8 and 9  |
| Day 19March 6th  | Standard 6 | Objectives 1-6Arrangement of, dressings, types, nutrients  | Salad Assignments | Unit 2 |
| Day 20March 11th  |  | State FCCLA | Make up day-Finish soup, salad assignments and mother sauces booklet  | Unit 2 |
| Day 21March 13th  | Standard 6 | Objectives 1-6 | **LAB #6** Salads | Performance Objective 7 |
| Day 22March 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 24March 23rd Mon. Advisory | Standard 6, 8 and 4 Standard 10 | ReviewObjectives 1-4 | PowerPoint Guide Assignment Pies Worksheet  | Unit 2 |
| Day 25March 25th  | Standard 1 | Objectives 1-3 Preparation techniques, ingredient functions, types and storage  | **LAB #8** Pie Lab | Performance Objective 11 |
| Day 26March 27th  |  | **Eat Pies**  | Complete **Unit 2 DUE** | Unit 2 |
| Day 27March 31st  | Standard 8 | Objective 2. AApply and prepare a béchamel based sauce. | **LAB #9** Mac and Cheese | Unit 2 |
| Day 28April 2nd  | Standards 6, 8, 4, 10 | Salads, Soups, Meats and Pies  | Correct Unit 2 **Unit 2 Test**  | Unit 2 |
| Spring BreakApril 6th-10th  |  |  |  |  |
| Day 29April 13th Mon. Advisory |  | Pass Back Unit Packet Rubric and go over test scores and questions  | Hand out and start Unit 3Place setting assignment  | Unit 3 |
| Day 30April 15th  | Standard 3 | Objectives 1 and 2Consumerism, budgeting, shopping guidelines, food labels, terms  | Bellwork covers Food Label Terms, Class Discussion and Article Supermarket Persuasion DVD Complete Unit Assignment | Unit 3 |
| Day 31April 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 32April 21st  | Standard 7 | Objective 3Classify common food and nutrition related health concerns  | Nutrition Related Diseases Booklets, Computer Lab for research  | Unit 3 |
| Day 33April 23rd  | Standard 1 |  | **LAB #10** **Crepes**  | Performance Objectives1 & 2  |
| Day 34April 27th Mon. Advisory | Standard 7 | Objective 3 | Finish Nutrition Related Diseases Booklets Start Meal Planning Assignment  | Unit 3 |
| Day 35April 29th  | Standard 7 | Objective 1 Identify the changing nutritional needs across the life span | PowerPoint, Lecture, Notes  | Unit 3 |
| Day 36May 1st  | Standard 7 | Objective 2Identify sports nutrition guidelines for athletes and/or an active lifestyle  | AssignmentPossible Guest Speaker | Unit 3 |
| Day 37May 5th  | Standard 4Standard 9 | Objective 3Objective 5  | **LAB #11** Grilled Chicken Tacos Etiquette Video | Performance Objective 5 |
| Day 38May 7th  | Standard 11 | Objective 1Identify various career opportunities and educational requirements | Career Investigation Assignment Report  | Unit 3 |
| Day 39May 11th Mon. Advisory  | Standard 9 | Objective 1-5Create a work plan | Correct Unit 3 Assignments Finish up meal planning  | Unit 3 |
| Day 40May 13th  | Standard 9 | Objective 5Identify and demonstrate proper table setting and etiquette  | Meal Planning Assignment **LAB #12** | Performance Objective 10 |
| Day 41May 15th  |  |  | Review State Test |  |
| Day 42May 19th  |  |  | **STATE TEST** |  |
| Day 43May 21st  | Standard 1 | Clean vs Sanitized  | Cleaning AssignmentAwards for State Testing  |  |
| Day 44May 26th  |  | Make up day cleaning |  |  |
| Day 45May 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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