<table>
<thead>
<tr>
<th>Days</th>
<th>Unit</th>
<th>Standard(s)</th>
<th>Essential Questions</th>
<th>Key Terms/Vocabulary</th>
<th>Learning Activities/Assessments</th>
<th>Technology</th>
<th>Embedded Math Concepts</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>ONE</td>
<td>Measurements/Abbreviations / Equipment/Equivalents/Cooking Terms</td>
<td><strong>1.1:</strong> Students will apply the skills of kitchen equipment, utensils and management. <strong>1.3:</strong> Identify appropriate abbreviations, food-measurement terminology, techniques, equivalents, and calculate recipe-size adjustments and demonstrate proper measuring techniques. <strong>1.4:</strong> Explain basic food-preparation terminology.</td>
<td>Chop Cream Cut-In Dice Dredge Flour Fold-In Grate Knead Mince Peel Sauté Simmer Steam Stir-Fry Whip</td>
<td>Notes Terms Pictionary Equivalents Flashcards Claymation Measuring Demo Plinko Review Quizzes/Tests</td>
<td>Computer Projector PowerPoint Chef/Backyard Kitchen Equipment</td>
<td>Increasing and Decreasing Fractions Halfling/Doubling or Multiply/Divide by Multiples (Converting) Equivalents Efficient Measuring Techniques</td>
</tr>
<tr>
<td></td>
<td>TWO</td>
<td>Carbohydrates/ Quick Breads/ Yeast Breads/ Rice and Pasta</td>
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</tbody>
</table>
| 8 |     | 1:2: Explain the basic principles of cooking in a microwave.  
2.1: Apply established safety rules and guidelines to maintain a safe working environment.  
2.2: Identify proper first-aid procedures for cuts, burns and electrical shock.  
2.3: Identify and apply sanitation rules and guidelines.  
2.4: Identify methods that prevent food-borne illnesses and contamination.  

|   |     | Explain the basic principles of cooking in a microwave.  
2.1: Apply established safety rules and guidelines to maintain a safe working environment.  
2.2: Identify proper first-aid procedures for cuts, burns and electrical shock.  
2.3: Identify and apply sanitation rules and guidelines.  
2.4: Identify methods that prevent food-borne illnesses and contamination.  

|   |     | How does a microwave oven work in order to safely cook food?  
Why should we worry about sanitation practices in the kitchen?  
Why can food-borne illness be so dangerous?  

|   |     | Cross-Contamination  
Electrical Shock  
First Aid  
First Degree Burn  
Second Degree Burn  
Food-Borne Illness  
Microwave Safe  
Sanitation  
Second Degree Burn  
Temperature Danger Zone  
Third Degree Burn  

|   |     | Notes  
GloGerm  
Exit Tickets  
Quizzes/Tests  
Jeopardy Review  
Recipes:  
Chocolate Chip Cookies  
Bubble Bread  
Italian Stuffed Shells  
Chicken Stir-Fry  
Taco Rings  

|   |     | Computer  
Projector  
PowerPoint  
Kitchen Equipment  

|   |     | Percentages (Microwave Power)  

<table>
<thead>
<tr>
<th></th>
<th>THREE</th>
<th>Carbohydrates/ Quick Breads/ Yeast Breads/ Rice and Pasta</th>
</tr>
</thead>
</table>
| 6 |      | 4.1: Identify carbohydrates, their sources and functions, and the importance of whole grains in the body.  
4.2: Identify fiber, its sources and functions.  
4.3: Apply food selection and preparation guidelines related to quick breads, rice, grains and pasta.  

|   |     | What is the main function of carbohydrates in the body?  
How do complex starches break down into simple sugars?  
Why are complex carbohydrates a better energy choice?  
How do fiber and water work together to keep the body healthy?  
What are the ideal conditions in order for yeast to activate?  
Why is “whole wheat” better for you?  

|   |     | Al Dente  
Calories  
Carbohydrate  
Cellulose or Roughage  
Complex Starches  
Diverticulitis  
Fiber  
Fructose  
Glucose  
Gluten  
Kneading  
Lactose  
Leavening Agent  
Legumes  
Maltose  
Over-mixing  
Quick Breads  
Simple Sugars  
Sucrose  
Under-mixing  
Yeast  
Yeast Breads  

|   |     | Notes  
Flyswatter Review  
Leavening Demo  
Video  
Quizzes/Tests  
Recipes:  
Cinnamon Rolls  
Muffins  
Biscuits  
Doughnuts  

|   |     | Computer  
Projector  
PowerPoint  
Kitchen Equipment  

|   |     | Multiplication  
Proportions and Ratios  

<table>
<thead>
<tr>
<th>4</th>
<th><strong>FOUR</strong></th>
<th>Fats and Oils/Labeling</th>
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</thead>
<tbody>
<tr>
<td><strong>5.4:</strong></td>
<td>Identify fats, their sources, functions and related health concerns.</td>
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<tr>
<td></td>
<td>What are the main differences between fat-soluble and water-soluble vitamins?</td>
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<td></td>
<td>How to LDL and HLD levels affect our overall health?</td>
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<td></td>
<td>Why are saturated fats more harmful for your health?</td>
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<td>What are healthy ways to lower fat and cholesterol in your diet?</td>
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<td></td>
<td>Why is exercise considered part of a healthy eating plan?</td>
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<td></td>
<td>Cholesterol Discretionary Calorie Allowance</td>
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<td>Energy Fats</td>
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<td>Fat-Soluble Heart Disease</td>
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<td></td>
<td>HDL LDL Lean Low-Fat</td>
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<td></td>
<td>Monounsaturated Obesity Oils</td>
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<td></td>
<td>Polyunsaturated Reduced-Fat Saturated</td>
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<tr>
<td></td>
<td>Unsaturated Water-Soluble</td>
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<thead>
<tr>
<th>5</th>
<th><strong>FIVE</strong></th>
<th>Protein/ Eggs and Milk</th>
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<tbody>
<tr>
<td><strong>5.1:</strong></td>
<td>Identify proteins, (complete and incomplete), their sources, and functions in the body.</td>
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<tr>
<td><strong>5.2:</strong></td>
<td>Apply food selection and preparation guidelines related to egg products.</td>
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<tr>
<td><strong>5.3:</strong></td>
<td>Apply food selections and preparation guidelines related to milk and milk products.</td>
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<tr>
<td></td>
<td>What is the main function of protein in the body?</td>
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<td></td>
<td>What does essential mean? Why are some amino acids essential to our health?</td>
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<td></td>
<td>Can you create a complete protein by combining two or more complete proteins together?</td>
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<tr>
<td></td>
<td>Amino Acids Binder Coating</td>
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<td></td>
<td>Complete Protein Emulsifier Essential Fortified</td>
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<td></td>
<td>Hard Cooked Homogenized Incomplete Protein Leavening Agent Pasteurized Poached Protein Scorching Soft Cooked Thickener</td>
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<tr>
<td></td>
<td>Notes Video Jenga Review Quizzes/Tests</td>
<td></td>
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<tr>
<td></td>
<td>Recipes: Cream Puffs Chicken Pillows Grilled Chicken</td>
<td></td>
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</tbody>
</table>

| | Computer Projector PowerPoint Kitchen Equipment Calculator |
| | Multiplication Proportions and Ratios Percentages |
### SIX
**Vitamins/Minerals/Water/Fruits and Vegetables**

#### 6.1
Identify vitamins, their food sources, functions, and deficiencies in the body.

**Why should we worry about proper nutrition now?**

**What are the B-Vitamins and why are they important?**

**What is the difference between deficiencies and toxicities?**

**Can some neural tube defects be prevented by good nutrition?**

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**Notes**

**Picture Guide**

**Quizzes/Tests**

**Recipes:**

- Orange Julius
- Fruit Pizza
- Veggie Stir-Fry
- Egg Rolls

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### SEVEN
**The New Food Guide Pyramid/Dietary Guidelines**

#### 3.1
List the nine recommended guidelines from 2005 Dietary guidelines and the key recommendations for each.

**Why is it important to know and follow the dietary guidelines?**

**How will following the new food guide pyramid improve your overall health?**

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**Notes**

**Coloring Activity**

**Dietary Analysis**

**Musical Chairs**

**Quizzes/Tests**

**Recipes:**

- Breakfast Hawaiian Haystacks

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**Computer Projector**

**PowerPoint**

**Kitchen Equipment**
<table>
<thead>
<tr>
<th>3</th>
<th><strong>STATE REVIEW</strong> Review for State Exam</th>
<th>All standards listed above.</th>
<th>Listed Above</th>
<th>All Listed Above</th>
<th>State Exam</th>
<th>Computer</th>
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</thead>
<tbody>
<tr>
<td>3</td>
<td><strong>OTHER</strong> First Day of Class Pre-Assessment Favorite Recipe Lab Lab Cleaning Day</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
<td>NA</td>
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