Math-In-CTE Curriculum Map

Family and Consumer Sciences
Foods and Nutrition I

Days	Unit	Standard(s)	Essential Questions	Key Terms/ Vocabulary	Learning Activities/ Assessments	Technology	Embedded Math Concepts
8	**ONE** Measurements/ Abbreviations / Equipment/ Equivalents/ Cooking Terms	**1.1:** Students will apply the skills of kitchen equipment, utensils and management. **1.3:** Identify appropriate abbreviations, food-measurement terminology, techniques, equivalents, and calculate recipe-size adjustments and demonstrate proper measuring techniques. **1.4:** Explain basic food-preparation terminology.	Why is it so important to know equivalents or how to divide or multiply a recipe? How will knowing how to measure correctly be useful to you in the future? Why is learning cooking terminology important?	Chop Cream Cut-In Dice Dredge Flour Fold-In Grate Knead Mince Peel Sauté Simmer Steam Stir-Fry Whip Equivalents Vocabulary: Tbsp. Gal. Pt. Lb. Hr. Tsp. Qt. c. oz. min.	Notes Terms Pictionary Equivalents Flashcards Claymation Measuring Demo Plinko Review Quizzes/Tests Recipes: Smoothies No Bake Cookies Mystery Recipe	Computer Projector PowerPoint Kitchen Equipment	Increasing and Decreasing Fractions Halfling/Doubling or Multiply/ Divide by Multiples (Converting) Equivalents Efficient Measuring Techniques

8	**<u>TWO</u>** Safety, Sanitation and Microwave Cooking	**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.	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 <u>Recipes:</u> Chocolate Chip Cookies Bubble Bread Italian Stuffed Shells Chicken Stir-Fry Taco Rings	Computer Projector PowerPoint Kitchen Equipment	Percentages (Microwave Power)
6	**<u>THREE</u>** Carbohydrates/ Quick Breads/ Yeast Breads/ Rice and Pasta	**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 <u>Recipes:</u> Cinnamon Rolls Muffins Biscuits Doughnuts	Computer Projector PowerPoint Kitchen Equipment Video	Multiplication Proportions and Ratios

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

3	**<u>SIX</u>** Vitamins/ Minerals/ Water/ Fruits and Vegetables	**6.1:** Identify vitamins, their food sources, functions, and deficiencies in the body. **6.2:** Identify minerals, their sources, functions, and deficiencies in the body. **6:3:** Identify the functions of water in the body. **6.4:** Apply food selection and preparation guidelines related to fruits and vegetables.	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?	Ascorbic Acid B-Vitamins Deficiency Dehydration Electrolytes Fat-Soluble Folate (Folic Acid) Good Source Of Macro Micro Minerals Neural Tube Defects Nutrients Oxidation Perspiration Pesticides Ripe Seasonal Spina Bifida Toxicity Vitamins Water-Soluble	Notes Picture Guide Quizzes/Tests <u>Recipes:</u> Orange Julius Fruit Pizza Veggie Stir-Fry Egg Rolls	Computer Projector PowerPoint Kitchen Equipment	
6	**<u>SEVEN</u>** The New Food Guide Pyramid/ Dietary Guidelines	**3.1:** List the nine recommended guidelines from 2005 Dietary guidelines and the key recommendations for each. **3.2:** Demonstrate knowledge of, serving size, and food sources related to MyPyramid.gov.	Why is it important to know and follow the dietary guidelines? How will following the new food guide pyramid improve your overall health?	Activity Calorie Dietary Guidelines Exercise Food Guide Pyramid Gradual Improvement Moderation Nutrient Nutrient Dense Nutrition Personalization Proportionality Serving Size Variety Whole Grain	Notes Coloring Activity Dietary Analysis Musical Chairs Quizzes/Tests <u>Recipes:</u> Breakfast Hawaiian Haystacks	Computer Projector PowerPoint Kitchen Equipment	Proportions and Ratios Addition/ Subtraction Formulas Percentages Reading Tables and Graphs

3	**<u>STATE REVIEW</u> Review for State Exam**	**All standards listed above.**	**Listed Above**	**All Listed Above**	**State Exam**	**Computer**	
3	**<u>OTHER</u> First Day of Class Pre-Assessment Favorite Recipe Lab Lab Cleaning Day**	**NA**	**NA**	**NA**	**NA**	**NA**	