

Curriculum Outline



Campbell High School

Character – Courage – Respect – Responsibility

Course & Level: Creative Foods and Nutrition

Department: Family and Consumer Science

Teacher: Mrs. Lynn M. Gnaegy

Grade level: 9th, 10th, 11th, 12th Grade

Description of Course:

706

Creative Cooking and Nutrition ½ elective credit

Students will study international cuisine such as Asian, Mexican, Italian, Greek, French and Spanish foods. Curriculum also includes a look at American regional cuisine. Recipes used are more complex and require a higher level of skill, Working with food presentation techniques, menu design, and event planning are all part of this course. Nutrition and following safety procedures in the kitchen are a large part of this course of study.

One Semester

Prerequisite: Successful completion of Introduction to Foods/ Nutrition with a grade of C or higher

School – Wide Expectations:

Academic:

1. Read, write and speak effectively
2. Exhibit critical thinking and problem solving skills
3. Use resources to obtain information and facilitate learning

Civic/Social:

1. Exhibit personal responsibility
2. Contribute to the stewardship of the community

Core Competencies and State Standards

Students:

Core Competencies.

State Standards

Become Competent in Food Safety and Sanitation	FCS-FN 3 -Students will understand food safety and sanitation from production through consumption.
Apply and Explore Nutrition Into Lifestyle	FCS-FN 1 -Students will analyze and understand factors that influence nutrition and wellness practices. FCS-FN 2 -Students will understand the strategies needed to meet the nutritional needs of individuals and families.
Display Food Preparation Skills and Techniques	FCS-FN 5 -Students will understand the nutritional needs of individuals and families.
Selecting Healthy Alternatives	FCS-FN 4 -Students will evaluate and understand the influence of science and technology on the development, productions and consumption of foods and related issues.
Recognize Skills and Qualities Needed for Career Success	FCS-NN 6 -Students will understand the knowledge and skills necessary to pursue various foods and nutrition related career paths.

Suggested Texts and Media (Software, A/V, etc.):

We utilize a variety of instructional resources beyond the identified textbooks and materials throughout the school year to enhance your student's educational experience. Parents/Guardians are welcome to review the available resources throughout the school year by contacting their student's teacher. Alternative assignments may be available upon request. Please contact the classroom teacher for further details.

Textbook: ***Guide to Good Food*, Velda L. Largen, Deborah L. Bence The Goodheart-Wilcox Company, Inc 2004**

Teacher developed worksheets.

-Teacher developed website

DVD's: All from Learning ZONE Express

Just the Facts: DVD collection on food safety, nutrition, quick breads, yeast breads, microwave ovens

USDA MYPLATE

Suggested Instructional Strategies:

1. PowerPoint presentations
2. Worksheets developed by the teacher on nutrition and international cuisine
3. Research and presentation of international food and culture
4. Food labs
5. Teacher demonstrations
6. YouTube video clips
7. DVD's

Suggested Assessment Strategies:

1. Participation in quizzes
2. Product research and demonstration
3. Essays and short writing assignments
4. Synthesizing and paraphrasing material assignments
5. Lab evaluations
6. Daily participation