

# Curriculum Outline



**Campbell High School**

Character – Courage – Respect – Responsibility

**Course & Level: Introduction to Foods and Nutrition**

**Department: Family and Consumer Science**

**Teacher: Mrs. Lynn Gnaegy**

**Grade level: 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grades**

## Description of Course:

**700**

**Introduction to Foods and Nutrition ½ elective credit (Open to All)**

This course offers students basic knowledge in the area of food preparation and nutrition. Curriculum includes equipment use, measurement, kitchen organization, kitchen safety, cooking and baking techniques, meal planning and preparation of recipes. Nutrition is also a large part of this class. This is an entry level course.

**One Semester**

## 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

## Core Competencies and State Standards

### Students:

#### Core Competencies.

#### State Standards

<b>Demonstrate Food Safety and Sanitation</b>	<b>FCS-FN 3</b> -Students will understand food safety and sanitation from production through consumption.
<b>Apply and Analyze Nutrition</b>	<b>FCS-FN 1</b> -Students will analyze and understand factors that influence nutrition and wellness practices. <b>FCS-FN 2</b> -Students will understand the strategies needed to meet the nutritional needs of individuals and families.
<b>Demonstrate Food Preparation Skills and Techniques</b>	<b>FCS-FN 5</b> -Students will understand the nutritional needs of individuals and families.
<b>Choose Healthy Alternatives</b>	<b>FCS-FN 4</b> -Students will evaluate and understand the influence of science and technology on the development, productions and consumption of foods and related issues.
<b>Identify Skills and Qualities Needed for Career Success</b>	<b>FCS-NN 6</b> -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)

MyPlate

Portion Distortion

Basic Kitchen Safety

Equipment in the Kitchen

Baking Basics

### **Suggested Instructional Strategies:**

1. PowerPoint presentations
2. Worksheets developed by the teacher on nutrition and basic cooking procedures
3. Research and presentation of food labels and products
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