

EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

Course/Subject: FCS/Gourmet Foods
Topic: Food in Your Life

Days:
Grade Level: 9-12

Key Learning: Food choices are affected by many factors



Unit Essential Question: What factors affect our *personal* food selection?

<p>Concept The 4 W's of eating... who, what, when, where... food trends (chapters 1 & 2, page 22+)</p>	<p>Concept The food supply (chapter 3, page 48)</p>	<p>Concept Food Science and technology (chapter 4, page 62)</p>
<p>Standards: 11.3.6.C</p>	<p>Standards: 11.3.9&12.A; 11.1.9.A</p>	<p>Standards: 11.3.9.A; 11.3.12.G</p>
↓	↓	↓
<p>Lesson Essential Question Why do you eat what you eat?</p>	<p>Lesson Essential Question What is the relationship between our food supply and sustainable living?</p>	<p>Lesson Essential Question What impact do science and technology have on food?</p>
↓	↓	↓
<p>Vocabulary Comfort food Cuisine Culture Custom Ethnic Regional Staple foods Fusion cuisine</p>	<p>Vocabulary Perishable Ecosystem Food additive Shelf life Shelf stable Sustainable living Organic foods</p>	<p>Vocabulary Analog Aseptic packages Clone Enrichment Ergonomics Food science Formed products Fortification Functional foods Genetic engineering Manufactured food MAP packaging Retort pouch</p>

EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

Concept Food Labels & Additives	Concept	Concept
Standards: 11.3.12.B; 11.3.12.C	Standards:	Standards:
↓	↓	↓
Lesson Essential Question How does reading a food label aid food-product non-consumption? *see pg. 240 The use of additives must be explained as “ <i>to inhibit mold growth.</i> ”	Lesson Essential Question	Lesson Essential Question
↓	↓	↓
Vocabulary Food additives 6 uses of food additives *see pages 52 & 53 in new “Food for Today”	Vocabulary	Vocabulary

Additional Information/Resources: Food for Today – white cover; Food for Today-red cover; Guide to Good Food
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EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

Course/Subject: FCS/Gourmet Foods
Topic: Kitchen Basics

Days:
Grade Level: 9-12







Key Learning: Working in a kitchen requires safety, sanitation, equipment, and conservation knowledge.



Unit Essential Question: How do basic kitchen practices and equipment used affect work in the foods lab kitchen?

Concept: Kitchen Safety and Sanitation	Concept Food Borne Illnesses	Concept Kitchen Abbreviations & Measurements
Standards: 11.3.6.B	Standards: 11.3.9.B	Standards: 11.3.6.F
↓	↓	↓
Lesson Essential Question How can common kitchen hazards be prevented and sanitation practiced?	Lesson Essential Question How does proper food handling prevent FBI,s?	Lesson Essential Question How does the use of abbreviations and knowledge of measurement affect work in the foods lab kitchen?
↓	↓	↓
Vocabulary Carbon monoxide CPR Heimlich Maneuver Polarized plugs Hazardous Ultra-concentrated Sanitize and 20-second Scrub Personal hygiene	Vocabulary Cross-contamination Food borne illness Freezer burn FDA GRAS list Internal temperature Danger zone Irradiation Pasteurization Spores, toxins, bacteria Staph, salmonella, e-coli, botulism	Vocabulary Equivalents Volume Weight Yield *F and *C and formulas dash, pinch, scant, heaping, rounded meniscus, taring, water displacement method

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Concept Small Equipment for the Kitchen (including cookware)	Concept Kitchen Workspace	Concept
Standards: 11.3.6.F	Standards: 11.2.9&12.D	Standards:
		
Lesson Essential Question How does knowing names, looks, and uses of small equipment and cookware improve work in the foods lab kitchen?	Lesson Essential Question How does physical space in a kitchen relate to both safety and efficiency?	Lesson Essential Question
		
Vocabulary Conduction Convection Cookware materials Pots and pans named Small equipment – 40 named pcs	Vocabulary Work centers Kitchen triangle Floor plan	Vocabulary

Additional Information/Resources: Food for Today; Guide to Good Food
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EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

Course/Subject: FCS/Gourmet Foods
Topic: Nutrition and Lifespan

Days: 90
Grade Level: 9-12

Key Learning: Lifetime wellness and good health comes through knowledge of the nutrients and conscientious choices and management



Unit Essential Question: How can I be healthy throughout my entire life, my lifespan?

<p>Concept Six Major Nutrients</p>	<p>Concept ChooseMyPlate.gov</p>	<p>Concept Lifespan Wellness</p>
<p>Standards: 11.3.3.E</p>	<p>Standards: 11.3.3.D</p>	<p>Standards: 11.3.6.D: 11.3.9&12.F</p>
↓	↓	↓
<p>Lesson Essential Question What are the health benefits and nutritional value for each of the six major nutrients?</p>	<p>Lesson Essential Question How does using technology and government resources such as ChooseMyPlate.gov promote wellness?</p>	<p>Lesson Essential Question What are the stages of life and the nutrition requirements for each?</p>
↓	↓	↓
<p>Vocabulary Water Carbohydrates Proteins Lipids Vitamins Minerals</p>	<p>Vocabulary Serving size Portion distortion RDA's Food Diary</p>	<p>Vocabulary Lifespan Lifecycle/Stages Nutrients vs nutrition</p>

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STUDENT LEARNING MAP

<u>Concept</u>	<u>Concept</u>	<u>Concept</u>
<u>Standards:</u>	<u>Standards:</u>	<u>Standards:</u>
↓	↓	↓
<u>Lesson Essential Question</u>	<u>Lesson Essential Question</u>	<u>Lesson Essential Question</u>
↓	↓	↓
<u>Vocabulary</u>	<u>Vocabulary</u>	<u>Vocabulary</u>

<u>Additional Information/Resources:</u> Food for Today – both red & white cover edi.; Guide to Good Food

EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

Course/Subject: FCS/Gourmet Foods
Topic: Microwave Use

Days: 90
Grade Level: 9-12

Key Learning:

The microwave can be used for more than just reheating leftovers.









Unit Essential Question:

How can I incorporate the know-how, and the ease and convenience of microwave cooking into meal preparation without losing the quality of the food?

Concept _Microwave technology and scientific principles	Concept Quick Breads	Concept Labs/Recipe Preparation
Standards: 11.2.3&12.E	Standards: 11.3.3&6.F	Standards: _11.3.9&12.G
↓	↓	↓
Lesson Essential Question How does microwave technology work?	Lesson Essential Question What are quick breads and why are they so successful in the microwave?	Lesson Essential Question How can and do I use the microwave for successful recipe preparation?
↓	↓	↓
Vocabulary Arcing Cooking power Hot spots Friction Density Piercing Microwave time Standing time	Vocabulary Functions of basic baking ingredients Quick breads Yeast breads Muffin method Pour batters Drop batters & biscuits Rolled biscuits Baking pan types	Vocabulary Scientific principles Microwave techniques Recipe instructions

Concept	Concept	Concept
Standards:	Standards:	Standards:

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<u>Lesson Essential Question</u>	<u>Lesson Essential Question</u>	<u>Lesson Essential Question</u>
		
<u>Vocabulary</u>	<u>Vocabulary</u>	<u>Vocabulary</u>

Additional Information/Resources: Food for Today & Guide to Good Food

EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

Course/Subject: FCS/Gourmet Foods
Topic: Meat Proteins

Days: 90
Grade Level: 9-12

Key Learning:

Meat proteins are varied and require specific selection, storage, and preparation techniques.



Unit Essential Question

How do I select, store, and prepare meats to obtain optimal nutritional value and taste?

Concept Beef – Pork – Lamb - Veal	Concept Poultry	Concept Fish - Shellfish
Standards: 11.3.12.B; 11.1.9&12.D; 11.3.12.F	Standards: 11.3.12.B; 11.1.9&12.D; 11.3.12.F	Standards: 11.3.12.B; 11.1.9&12.D; 11.3.12.F
↓	↓	↓
Lesson Essential Question How does the cut of meat relate to nutritional value and cooking method while complying to government standards for the industry?	Lesson Essential Question What is the nutritional value and the cooking methods for specific forms of poultry sold?	Lesson Essential Question What is the nutritional role of fish in the diet and how do I store and prepare it and shellfish?
↓	↓	↓
Vocabulary Names of cuts of beef, pork, lamb Shapes of bones Names of meat-cooking methods USDA	Vocabulary Names of poultry birds Forms of poultry sold in supermarkets Names of poultry-cooking methods	Vocabulary Fat fish vs lean fish names Types & Names of shellfish Names of cooking methods

Concept	Concept	Concept
Standards:	Standards:	Standards:
↓	↓	↓
Lesson Essential	Lesson Essential	Lesson Essential

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STUDENT LEARNING MAP

<u>Question</u>	<u>Question</u>	<u>Question</u>
↓	↓	↓
<u>Vocabulary</u>	<u>Vocabulary</u>	<u>Vocabulary</u>

Additional Information/Resources: Food for Today – red cover; Guide to Good Food

EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

Course/Subject: FCS/Gourmet Foods
Topic: Global Foods

Days: 90
Grade Level: 9-12

Key Learning: Food choices reflect one’s culture and geographical location as well as other countries’ and should involve sustainable living strategies.






Unit Essential Question: How have the staples and cooking techniques of other countries infused our cuisine and sustainable living strategies?

Concept Foods of the United States (including selection of)	Concept International Foods	Concept Foods Lab
Standards: 11.1.12.A&F	Standards: 11.3.6&12.F	Standards: 11.2.12.A&C; 11.3,6,&9.G
Lesson Essential Question How can we apply effective consumer strategies to food selection considering sustainable living strategies?	Lesson Essential Question How can we assimilate meal planning, staples, and cooking techniques of international foods into our lifestyle?	Lesson Essential Question How can we use practical reasoning, leadership, and teamwork skills to ensure successful foods labs?
Vocabulary Sustainable living Names of US regional food staples, dishes and preparation techniques	Vocabulary Names of international food staples, dishes, and preparation techniques	Vocabulary

Concept	Concept	Concept
Standards:	Standards:	Standards:
Lesson Essential Question	Lesson Essential Question	Lesson Essential Question

EASTERN LEBANON COUNTY SCHOOL DISTRICT
STUDENT LEARNING MAP

		
<u>Vocabulary</u>	<u>Vocabulary</u>	<u>Vocabulary</u>

Additional Information/Resources: Food for Today; Guide to Good Food text and resource workbook
