

Wallenpaupack Area School District

Wallenpaupack Area High School

Course Title: Foods

Length of Course: Semester – 1 Credit

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description:

Foods is a course designed to give students an overview of how food impacts everyday life. Students learn about the study of nutrition, the applications of the MyPlate food guidance system, meal planning, eating styles, consumerism, as well as food-service related career options. Hands-on cooking experience is gained through food labs which are integrated throughout the course. Students will learn basic cooking techniques and preparation methods while incorporating the principles of safe food-handling and proper sanitation. Students will also gain a multicultural perspective of food as they study the culture and cuisine of foreign countries; meals from those countries will be prepared. Foods is recommended for any student interested in learning how to prepare food for themselves or a family. Students interested in furthering their study of food may use the successful completion of this course as entry into the Culinary Arts Career & Technical program.

Pennsylvania State Standards:

This program offers the curriculum framework as prescribed by the *Pennsylvania Academic Standards for Family and Consumer Sciences*.

Core Curriculum:

Course Objectives:

This course prepares students to improve their health and wellness through the use of hands-on cooking activities as well as introducing them to the spectrum of topics related to foods including nutrition, meal planning, consumerism, eating styles, food safety, careers in the foodservice industry, and a multicultural foods perspective.

Students will demonstrate basic kitchen lab procedures by the ability to:

- Observe proper measuring and cooking techniques through teacher demonstration.
- Choose recipes throughout the course to prepare and analyze using cookbooks and the Internet.
- Use cooking equipment properly.
- Complete market orders and lab job duties.
- Prepare various recipes using all of the above skills.

Students will understand the importance of food safety and sanitation as demonstrated by the ability to:

- Recognize the duties of the individual and the USDA and FDA for protection against food borne illnesses.
- Recognize and practice proper food handling kitchen sanitation in order to prevent food contamination.
- Identify common food borne illnesses, their sources and symptoms in the body.

Students will gain an understanding of nutrition and MyPlate by the ability to:

- Identify the parts of MyPlate (the former Food Guide Pyramid).
- Define basic nutritional concepts.
- Examine energy and nutrient requirements for males and females throughout the lifespan.
- Plan and create balanced meals that meet various nutritional needs of individuals throughout their lifespan.

Students will articulate the characteristics of various eating styles by the ability to:

- Identify the causes, signs, and symptoms of eating disorders.
- Identify services available to assist those with eating disorders.
- Distinguish the relationship between diet and disease and risk factors.
- Recognize the components of healthy weight managements and lifestyles.
- Identify and discuss benefits of a healthy diet and exercise.

Students will become more informed consumers by the ability to:

- Compare and contrast brand name, store brand, and special dietary products based on cost, appearance, and availability.
- Determine how to make wise consumer choices when purchasing food and household items.
- Evaluate the role of the FDA and consumer rights and responsibilities when quality is not up to standard.
- Examine and decipher food labels, the Nutrition Facts labels and unit price labels.
- Discuss programs available to consumers for food assistance.

Students will gain a multicultural perspective of foods by the ability to:

- Research and present the culture and cuisine of a selected country.
- Utilize various research techniques including the library, Internet, and numerous other resource materials for the presentation.
- Develop a PowerPoint presentation or write a research paper for a chosen country.
- Prepare and share a presentation about the country for the class.
- Facilitate a cooking lab experience for the country with their class.

Students will be aware of the variety of careers available that are related to the foodservice industry by the ability to:

- Recognize and explain the roles and skills necessary for food related careers.
- Discuss the educational requirements of food related careers.

Major Activities to Support Course Objectives:

Student Responsibilities:

Attendance expectations:

Attendance is central to your success in this class. Due to the hands-on nature of this class, the coursework is completed during the class period; therefore, any absence will result in the student missing work which must be completed. Cooking labs are unable to be made-up with another cooking assignment, therefore, a student will be given an alternate reading/writing assignment to be completed in place of the missed lab.

Homework expectations:

Homework is generally not assigned in this class due to the hands-on nature of the course. If homework is assigned, students are expected to complete the homework and submit it within the time frame allotted.

Make-Up Work:

Food labs cannot be made up by participating in an extra food lab. Food labs may be made up by completing a make-up assignment that must be turned in within the amount of days provided per the student handbook; it will be the student's responsibility to request the make-up assignment unless other arrangements are made.

Late Work:

Penalties for late assignments will be determined on a case-by-case basis. Once a classwork/homework assignment has been reviewed in class, no credit will be awarded unless other arrangements have been made.

Assessment:**Grading Components:**

Grading Category Weights are as follows:

Classwork/Homework	30%
Food Labs	30%
Tests/Projects	40%

Content Pacing Guide:

Topic	Major Assignments	Estimated Time
Proper Measuring and Cooking Techniques	Teacher demonstrations; Classroom handouts	3 blocks; Ongoing
Kitchen Equipment and Usage	Student activity sheets; Participation in practical identification of kitchen equipment	2 blocks; Ongoing
Market Orders and Job Schedules	Teacher demonstration; Lab Planning practice sheet	1 block; Ongoing
Recipe Analysis	Reading a Recipe handouts and activity sheet; Student practice and weekly completion prior to each cooking lab	1 block; Ongoing
Cooking Labs	Hands-on Food Labs throughout the course, generally, one cooking lab per week, two blocks for each cooking lab	2 blocks per week; 10-15 blocks
Proper Food Handling and Kitchen Sanitation	PowerPoint Presentation; Graphic Organizer (Clean, Cook Chill, Separate); Ongoing practical application during labs	2 blocks; Ongoing
Foodborne Illnesses and Prevention	Food Safety Presentation; Class handouts	3 blocks
Basic Nutrition	Nutrition Presentation; Lecture, handouts, and activity sheets	6 blocks
Reading Nutrition Facts Labels	PowerPoint Presentation; Discussion and activity sheets	1 block
MyPlate	Exploration of the ChooseMyPlate.gov website; Identification of MyPlate principles and individual applications	2 blocks
Diet, Exercise, and Healthy Lifestyles	Class discussions	1 block
Eating Disorders	Eating Style Presentation; View and Discuss: For the Love of Nancy	3 blocks
Consumer Rights and Responsibilities	Smart Consumer Presentation; Class handouts	1 block
Unit Pricing	Consumerism Presentation; Unit pricing calculations	1 block
Food Product Evaluation	Food Labs	1 block; Ongoing
Careers	Spotlight Careers (Food Stylist, Chef and Restaurateur); Discuss Career choices, possibilities, and educational requirements	5 blocks
Multicultural Foods	International Foods Project; Food Labs; Student Presentations; Various Videos on Ethnic Foods	3-5 blocks per country studied; 10-15 blocks