

Wallenpaupack Area School District

COURSE: Cooking for Independent Living

GRADE LEVEL: 9 – 10

LENGTH OF COURSE: 45 days

TEXT: No Textbook

PUBLISHER: N/A

COPYRIGHT: N/A

COURSE DESCRIPTION:

Cooking for Independent Living is a course designed to give students a basic understanding of how to prepare nutritious meals for living independently in a fast-paced society. Students will learn about nutrition, MyPlate food guidance system, meal planning, food safety, and consumerism. Food labs are integrated throughout the course and will provide information on how to prepare food correctly, use proper sanitation, and use energy and time-saving cooking methods which include casseroles, slow cooking, and meals in minutes, as well as learning how to utilize freezing methods and preserve leftovers. Students who wish to further their study may enroll in Foods or apply to the Culinary Arts Career & Technical Program.

CURRICULUM WRITING TEAM:

Krautter/Rowe

DATE OF REVISION:

January 2016

Wallenpaupack Area School

District

Course: Cooking for Independent Living

Grade Level: 9 – 10

Unit: Kitchen Management and Organization

PA Standards: 11.3.9.F
11.3.9.G
11.2.9.C
11.2.9.H

Topics:	Skills:
<ul style="list-style-type: none"> • Identification and usage of measuring equipment • Reading and dissection of the parts of a recipe • Development of market orders • Proper usage and maintenance of small appliances • Teamwork and communication 	<ul style="list-style-type: none"> • Ingredient measuring • Properly storing food ingredients • Correctly operating small appliances • Organization of kitchen duties • Teamwork in the preparation of recipes
Activities:	Performance Assessments:
<ul style="list-style-type: none"> • Pretest on basic cooking knowledge • View "Kitchen Fundamentals" DVD and complete worksheet • Complete Small Equipment Identification worksheet • Discuss food preparation and cooking terms • Practice measuring ingredients • Read and analyze recipes • Review Food Lab procedures • View "Kitchen Math" DVD and complete worksheet • Teambuilding activities • Operate small appliances during Food Labs • View and review various cooking shows 	<ul style="list-style-type: none"> • Teacher observations • Completion of class assignments • Correctly creating a Market Order • Participation and correctly performing during Food Labs conducted throughout the course • Correctly analyzing a recipe by creating a Lab Planning Sheet • Cooking show review guides • Cooking Basics quiz

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Course: Cooking for Independent Living

Grade Level: 9 – 10

Unit: Food Safety and Foodborne Illness

PA Standards: 11.3.9.B

Topics:	Skills:
<ul style="list-style-type: none">• Kitchen sanitation<ul style="list-style-type: none">○ Personal Hygiene/Hand washing○ Cross Contamination○ Food Storage○ Internal Temperatures• Safe food-handling guidelines<ul style="list-style-type: none">○ Clean○ Cook○ Chill○ Separate• Foodborne illnesses	<ul style="list-style-type: none">• Identify the correct internal temperatures of specific types of foods• List the names, sources, and prevention for the major types of foodborne illnesses• Practice safe food-handling techniques during Food Labs• Follow proper sanitation rules during Food Labs• Identify potential sources of contamination during the cooking process and state how to prevent contaminants from spreading
Activities:	Performance Assessments:
<ul style="list-style-type: none">• View Food Safety PowerPoint presentation• Discuss foodborne illness outbreak updates• Food item identification• Food safety activity sheets• View: "Dr. X and the Quest for Food Safety" and complete accompanying video sheet	<ul style="list-style-type: none">• Completion of classroom assignments• Teacher observation and questioning• Safety and sanitation practices during food labs• Food Safety quiz

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Course: Cooking for Independent Living

Grade Level: 9 – 10

Unit: Meal Planning for the Individual and Family

PA Standards: 11.3.9.E
11.3.9.F

Topics:	Skills:
<ul style="list-style-type: none">• Convenience versus Homemade Foods• Using the MyPlate food guidance system• The Dietary Guidelines	<ul style="list-style-type: none">• State the advantages and disadvantages of using convenience foods in cooking• Evaluate the cost-effectiveness of using homemade foods versus buying partially prepared products• Determine daily calorie and food group requirements according to the MyPlate food guidance system• Plan meals based on the nutritional requirements of various individuals
Activities:	Performance Assessments:
<ul style="list-style-type: none">• Convenience vs. Homemade Foods PowerPoint presentation• Meal Planning worksheets• Internet: www.myplate.gov website exploration• Food Labs	<ul style="list-style-type: none">• Participation in class discussions• Completion of classroom activities• MyPlate Website Exploration project• Participation in Food Labs

Wallenpaupack Area School

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Course: Cooking For Independent Living

Unit: Being a Smart Shopper

Grade Level: 9 – 10

PA Standards: 11.1.9.D
11.1.9.F
11.3.9.A

Topics:	Skills:
<ul style="list-style-type: none">• Learning to be a wise consumer• Tips for saving money and time while purchasing food• Reading the Nutrition Facts Label• Unit Pricing	<ul style="list-style-type: none">• Evaluate the benefits and drawbacks of utilizing consumer strategies for saving money such as planning meals around weekly specials, coupons and unit pricing• Examine and decipher Nutrition Facts Labels• Compare unit prices• Make food choices based on the Nutrition Facts Label
Activities:	Performance Assessments:
<ul style="list-style-type: none">• View the Smart Shopping PowerPoint presentation• List at least 10 tips that consumers should know when purchasing food• Video on smart consumer practices• Read grocery store weekly circulars and determine how they may be utilized• Consumerism activity sheets• Nutrition Facts Label scavenger hunt and product evaluations• Comparison Food Labs	<ul style="list-style-type: none">• Participation in classroom activities• Teacher observations and questioning• Nutrition Facts Label analysis• Participation in Food Labs• Consumerism Test

Wallenpaupack Area School

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Course: Cooking for Independent Living

Unit: Nutrition

Grade Level: 9 – 10

PA Standards: 11.3.9.A
11.3.9.D
11.3.9.E
11.3.9.F

Topics:	Skills:
<ul style="list-style-type: none">• Major nutrients• The nutritional requirements of the body throughout the lifecycle• How to plan meals based on sound nutritional practices• Making fruits and vegetables appealing	<ul style="list-style-type: none">• Identify the six major nutrients and their role in the body• Determine the basic nutritional needs of the body throughout the lifecycle• Meal planning for individuals with special dietary needs• Develop methods for incorporating fruits and vegetables into every meal
Activities:	Performance Assessments:
<ul style="list-style-type: none">• View Nutrition PowerPoint presentation• Discuss the relationship between diet and disease• Create a nutrient comic strip• Nutrition worksheets• Food Labs	<ul style="list-style-type: none">• Participation in classroom activities• Teacher observations and questioning• Participation in Food Labs• Nutrition Comic Strip Project• Nutrition Test

Wallenpaupack Area School

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Course: Cooking for Independent Living

Grade Level: 9 – 10

Unit: Energy and Time-saving
Cooking Methods

PA Standards: 11.2.9.D
11.2.9.E
11.3.9.F

Topics:	Skills:
<ul style="list-style-type: none"> • Meals in Minutes • Slow-cooking/Crock Pot meals • One-dish Meals/Casseroles • Microwave Oven Use 	<ul style="list-style-type: none"> • Select recipes and create meal plans that meet the nutritional needs of individuals with limited resources such as: <ul style="list-style-type: none"> ○ time ○ space ○ skills ○ tools • Compare slow cooking and one dish meals cooking methods
Activities:	Performance Assessments:
<ul style="list-style-type: none"> • View: "Meals in Minutes: Wrap and Roll" • Meals in Minutes discussion, recipe selection, demonstration, and informational packet • Slow-cooking discussion, recipe selection, demonstration, and informational packet • One-dish meal discussion, recipe selection, demonstration, and informational packet • Microwave cooking discussion, recipe selection and informational packet • Student-selected Food Labs 	<ul style="list-style-type: none"> • Participation in unit activities • Participation in Food Labs • Completion of topic packets • Cooking Methods quiz

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