



**Shamokin Secondary
Course Overview**



Course: Food Prep

Teacher: Certified Family and Consumer Sciences Teacher

Course Introduction:

Food Prep is a course designed to introduce students to various skills and techniques used in daily food preparation. Students learn the importance of teamwork, time management and cooperation through hands-on activities that enhance instructional lessons.

This course includes a concentration of food preparation skills while recognizing the need to improve the nutritional wellbeing of the students. Some of the units covered include: kitchen safety and sanitation, basic cooking skills, MyPlate and the food groups, parts of a meal, table setting, . Students learn the importance of working as a team and time management skills.

Course Text or Student Materials:

- Recipes and Ingredients for each Unit
- Teacher-created Notes and Worksheets for each Unit
- Kitchen Cooking and Cleaning Supplies
- School-provided Laptops for internet access
- World Map
- Country Worksheets & Recipes

Units of Study:

Kitchen Safety

- Rules & Responses
- Sanitation of Food & Environment
- Food Storage and Shelf Life
- Time Management
- Job Titles & Duty Sheets

Student Objectives:

The student will be able to:

- Understand the safety and sanitation issues that are present when working in a kitchen
- Identify safety rules and appropriate responses to unsafe situations
- Practice habits to ensure a sanitary cooking environment
- Understand how to safely store different types of foods
- Differentiate between expiration dates, sell by dates, and shelf lives of products
- Analyze strategies to manage time when cooking

Standards/Anchors:

11.3.9 F: Hypothesize the effectiveness of the use of meal management principles (E.g., time management, safety, sanitation)

14.4.1: Analyze conditions that promote safe food handling

14.4.2: Analyze safety and sanitation practices

14.4.5: Analyze foodborne illness factors, including causes, potentially hazardous foods, and methods of prevention

- Understand the preparation and cleaning duties needed per lab to be completed by a group

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| <p>Units of Study:</p> <p>Kitchen Basics</p> <ul style="list-style-type: none"> • Reading a Recipe • Cooking Terms • Types of Food Preparation | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> • Analyze the components of a basic recipe, including ingredients, directions, cooking terms, and safety techniques • Differentiate between types of food preparation, such as grilling, boiling, frying, baking, steaming, braising, and sauteing. | <p>Standards/Anchors:</p> <p>11.3.3 F: Identify components of a basic recipe (e.g., volume, weight, fractions, recipe ingredients, recipe directions, safety techniques)</p> |
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| <p>Units of Study:</p> <p>Kitchen Tools</p> <ul style="list-style-type: none"> • Kitchen Tools & Equipment • Measuring Tools & Techniques • Knife Skills | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> • Recognize types of kitchen tools and their uses • Differentiate between a dry measuring cup, liquid measuring cup, and a measuring spoon • Practice measuring ingredients using each tool • Safely handle knives by cutting foods in a variety of different ways | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> |
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| <p>Units of Study:</p> <p>The Food Pyramid / My Plate</p> <ul style="list-style-type: none"> • Basic Understanding • Daily Requirements | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> • Recognize the layout of the food pyramid and MyPlate | <p>Standards/Anchors:</p> <p>11.3.12 B: Evaluate sources of food and nutrition information</p> |
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| <ul style="list-style-type: none"> ● Exercise ● Analyzing Meals ● Reading Labels ● Diet Critique & Modifications | <ul style="list-style-type: none"> ● Identify the food groups and examples for each category ● Analyze recommended daily servings of each food group ● Critique their current diet and improve it according to dietary guidelines ● Analyze exercise habits and their role in overall health | <p>11.3.12 E: Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.2.4: Analyze sources of food and nutrition information, including food labels, related to health and wellness</p> <p>14.3.1: Apply current dietary guidelines in planning to meet nutrition and wellness needs</p> |
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| <p>Units of Study:</p> <p>Vegetables</p> <ul style="list-style-type: none"> ● Daily Servings ● Nutritional Value ● Types of Vegetables ● Colors & Vitamins ● Ways to Serve | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Identify the daily recommended servings based on age ● Identify the nutritional value of different types of vegetables ● Categorize the different types of vegetables according to their components ● Understand the relationship between colors of vegetables and specific vitamins/nutrients ● List ways to add variety into a diet with different vegetables ● Sample different types of vegetables ● Prepare vegetables in a variety of different ways | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking,</p> |
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| | | <p>cooling, reheating, and holding of variety of foods.</p> <p>8.5.7: Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques.</p> <p>11.3.12 E: Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Fruits</p> <ul style="list-style-type: none"> ● Daily Servings ● Nutritional Value ● Types of Fruits ● Colors & Vitamins ● Ways to Serve | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Identify the daily recommended servings based on age ● Identify the nutritional value of different types of fruits ● Categorize the different types of fruits according to their seed location ● Understand the relationship between colors of fruits and specific vitamins/nutrients ● List ways to add variety into a diet with different fruits ● Sample different types of fruits | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> |
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| | <ul style="list-style-type: none"> ● Prepare fruits in a variety of different ways | <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.</p> <p>8.5.7: Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques.</p> <p>11.3.12 E: Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Grains</p> <ul style="list-style-type: none"> ● Daily Servings ● Nutritional Value ● Types of Grains ● Advantages/Disadvantages of each type ● Parts of a Grain | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Identify the daily recommended servings based on age ● Identify the nutritional value of different types of fruits | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan</p> |
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| <ul style="list-style-type: none"> • Ways to Serve | <ul style="list-style-type: none"> • Understand the difference between whole grains and refined grains • Compare the advantages and disadvantages of types of grains • Recognize the parts of a grain • List ways to add variety into a diet with different grains • Prepare grains in a variety of different ways | <p>frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.</p> <p>8.5.7: Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques.</p> <p>11.3.12 E: Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Proteins</p> <ul style="list-style-type: none"> ● Daily Servings ● Nutritional Value ● Types of Proteins ● Eggs ● Use of Proteins in the Body ● Ways to Serve | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Identify the daily recommended servings based on age ● Identify the nutritional value of different types of proteins ● List ways to add variety into a diet with different proteins ● Understand why the egg is called ‘the incredible edible egg’ ● Identify the 9 functions of an egg ● Create foods to demonstrate each function of the egg | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.</p> <p>8.5.7: Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques.</p> <p>11.3.12 E: Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> |
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| | | <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Dairy</p> <ul style="list-style-type: none"> ● Daily Servings ● Nutritional Value ● Types of Dairy Products ● Milk ● Ways to Serve | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Identify the daily recommended servings based on age ● Identify the nutritional value of different types of dairy products ● List ways to add variety into a diet with different dairy products ● Analyze the nutritional value and ways of preparation for the different types of milk and cheese ● Compare tastes & textures of different types of milk and cheese ● Use dairy products to create a variety of recipes | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.</p> <p>8.5.7: Prepare various fruits, vegetables, starches, legumes, dairy products, fats and oils using safe handling and professional preparation techniques.</p> <p>11.3.12 E: Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body</p> |
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| | | <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Herbs / Spices</p> <ul style="list-style-type: none"> ● Types of ● Categories of Herbs/Spices ● Herbs/Spices Around the World ● Seasoning Blends ● Tasting & Differentiating ● Use in Recipes | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Recognize both common and unique herbs and spices ● Categorize different types of herbs and spices ● Discuss the origin and presence of herbs/spices in different cultures and countries ● Discuss seasoning blends and their presence in recipes ● Compare taste and texture of herbs and spices ● Use herbs/spices in a recipe | <p>Standards/Anchors:</p> <p>14.1.2: Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Meats & Poultry</p> <ul style="list-style-type: none"> ● Chicken ● Turkey ● Beef ● Seafood | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Analyze the nutritional values of various meat products ● Understand the production process of animals that serve as the source of meat/poultry/seafood | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan</p> |
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- Practice safe handling and storage of meat/poultry/seafood
- Prepare meat/poultry/seafood using varying cooking methods

frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.

8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.

8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.

8.5.5: Prepare various meats, seafood, and poultry using safe handling and professional preparation techniques.

11.3.12 E: Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body

11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan

8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.

8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.

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| <p>Units of Study:</p> <p>Baked Goods</p> <ul style="list-style-type: none"> • Types of (cookies, breads, cakes, muffins, sweet goods) • Ingredients & their Functions • Recipes & Practice | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> • Discuss different types of baked goods and their appearance, tastes, and textures • Discuss the presence of baked goods throughout history • Analyze the basic ingredients in each type of baked good and their functions in the baking process • Create different types of baked good recipes | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.</p> <p>8.5.10: Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Pastries/Pies</p> <ul style="list-style-type: none"> ● Types of ● Crust Types & Techniques ● Steps of Making a Pie ● Pie Making Practice | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Discuss different types of pastries/pies and their appearance, tastes, and textures ● Discuss different types of crusts and their preparation ● Prepare an entire pie, including crust and filling, using step-by-step instructions | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.</p> <p>8.5.10: Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Soups / Stocks</p> <ul style="list-style-type: none"> ● Categories ● Examples ● Soups Around the World ● Ways to Prepare ● Recipes & Practice | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Discuss different types of soups and their appearance, tastes, and ways of preparation ● Discuss the presence of soup in different cultures and countries ● Create recipes to demonstrate each type of soup | <p>Standards/Anchors:</p> <p>8.5.1: Demonstrate professional skills in safe handling of knives, tools, and equipment.</p> <p>8.5.2: Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sauteing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.</p> <p>8.5.3: Utilize weight and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.</p> <p>8.5.4: Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.</p> <p>8.5.6: Prepare various stocks, soups, and sauces using safe handling and professional preparation techniques.</p> <p>11.3.12 F: Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation, and serving of meals that meet the specific nutritional needs of individuals across their lifespan</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| | | <p>14.1.2: Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Units of Study:</p> <p>Holiday Foods</p> <ul style="list-style-type: none"> ● Cultural & Family Celebrations ● Halloween Traditions & Recipes ● Thanksgiving Traditions & Recipes ● Christmas Traditions & Recipes ● Easter Traditions & Recipes ● Cinco De Mayo Traditions & Recipes | <p>Student Objectives:</p> <p>The student will be able to:</p> <ul style="list-style-type: none"> ● Compare and contrast their own holiday traditions with those of other cultures and families ● Discuss Halloween, Thanksgiving, Christmas, Easter, and Cinco De Mayo traditions from around the world ● Create common holiday recipes and replicate their celebrations | <p>Standards/Anchors:</p> <p>14.1.2: Investigate the effects of psychological, cultural, and social influences on food choices and other nutrition practices</p> <p>14.1.4: Analyze the effects of global, regional, and local events and conditions on food choices and practices</p> <p>14.3.3: Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product</p> |
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| <p>Instructional Plan:</p> <p>A typical class will begin with the completion of the Bell Ringer, and then a review of the classwork that was covered in previous class periods. The majority of each class period will be devoted to either lecture, group or independent work, and/or laboratory and computer activities. The instructor will be utilizing a variety of instructional resources to reinforce and differentiate the instruction for the varying levels of students in the class.</p> <p>Students will be guided through problem-solving and adaptive strategies for each unit, and will then spend the majority of the unit working in small groups on various cooking lab activities.</p> |
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Students will be assessed regularly through quizzes and exams. In addition, students will be assessed through regular, in-formal observation by the classroom teacher based on their ability to both participate in a group setting and to practice basic cooking and sanitation strategies. A comprehensive project/lab will be administered upon completion of the course.

Student Assistance:

Teacher will be available for additional tutoring or instruction before/and or after school, as well as during class time and study hall. Students may utilize teacher websites as well as Google Classroom for accessing resources. In addition, supplemental reinforcement exercises may be assigned at the discretion of the instructor.

Assessments and Evaluation:

Formal and Informal Assessments:

- Cooking Lab Activities
- Group Participation
- Quizzes
- Unit Tests
- Unit Notes
- Class Discussions
- Unit Projects
- Computer activities
- Checking for understanding

Grading:

Numerical percentages will be calculated by using a point system.

Progress reports will be issued twice each marking period.

Report cards will be issued quarterly.

Homework/Procedures:

Homework will be assigned on an as needed basis.

Students will be able to seek help either before or after school if necessary to complete the homework.

Student and Parent Communication:

A course syllabus will be reviewed at the beginning of the course. Teachers will make a minimum of three parent communications each week. Grades will be issued every three weeks via progress reports, and quarterly via report cards.

Student Expectations and Classroom Rules of Conduct

Students will appropriately participate and follow all policies as outlined in the Shamokin Student Handbook, which contains procedures regarding absences, classroom behavior, make-up of work, academic integrity and all other student conduct guidelines.