

# **Family and Consumer Sciences CURRICULUM**

## **FOODS II**

**(Elective Course)**

### **Supports Academic Learning Expectation # 2**

Students and graduates of Ledyard High School will speak clearly and communicate ideas accurately in a variety of settings

### **Supports Academic Learning Expectation # 4**

Students and graduates of Ledyard High School will employ effective research and study skills

**Approved by the Instructional Council  
5/19/08**

## STUDENT LEARNING OBJECTIVES

### Foods II

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 1 (State Standard #1) Integrate multiple roles and responsibilities in family, work, and community settings	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i>  1.2 Demonstrate transferable and employability skills in school, community and workplace settings	<i>Students will be able to:</i>  a. Demonstrate job keeping skills such as punctuality, dependability, and good attendance b. Communicate clearly with lab members to facilitate completion of assigned tasks c. Utilize preparation equipment to more efficiently perform food production tasks d. Demonstrate leadership and teamwork skills in school by performing the duties of head chef, assistant chef, prep cook/washer, prep cook/dryer during food labs more independently

**STUDENT LEARNING OBJECTIVES**

**Foods II**

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 2 (State Standard #2)	
Evaluate management practices related to the human, economic, and environmental resources	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital</p> <p>2.2 Analyze the relationship of the environment to family and consumer resources</p> <p>2.4 Evaluate the effects of technology on individual and family resources</p>	<p><i>Students will be able to:</i></p> <p>a. Apply management and planning skills and processes when organizing tasks and responsibilities for high level food labs</p> <p>a. Analyze individual and family food choices based on environmental trends and issues such as organic foods and biodegradable food packaging</p> <p>b. Continue to use recycling bins appropriately and consistently</p> <p>a. Demonstrate an understanding of the connection between specific web sites and specific recipe categories</p>

## STUDENT LEARNING OBJECTIVES

### Foods II

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

<b>GOAL:</b> District Goal # 6 (State Standard # 8)	
Integrate knowledge, skills, and practices required for careers in food production and services	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>8.1 Analyze career paths within the food production and food services industries</p> <p>8.2 Demonstrate food safety and sanitation procedures</p>	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> <li>a. Research a career of interest and share information on such areas as training requirements, duties of entry level and career ladder positions, job requirements</li> <li>b. Compare and contrast jobs and facilities in operating commercial kitchens</li> <li>a. Practice food service management safety/sanitation program procedures consistently when serving themselves and others</li> <li>c. Practice good personal hygiene/health procedures required for serving the public</li> <li>d. Demonstrate proper storage and handling of large quantities of both raw and prepared foods</li> <li>e. Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods</li> <li>f. Recognize appropriate cleaning and sanitizing materials for proper uses and safety hazards</li> <li>g. Identify the HACCP ( critical control points)hazards and a system for handling them</li> <li>h. Review the guidelines for rodent and pest control in food service areas and develop an appropriate plan for LHS</li> <li>i. Demonstrate emergency treatments for kitchen injuries</li> <li>j. Plan and prepare a food service project simulating the duties of a caterer incorporating food safety and sanitation guidelines</li> </ul>

## STUDENT LEARNING OBJECTIVES

### Foods II

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 6 (State Standard # 8)	
Integrate knowledge, skills, and practices required for careers in food production and services	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how:</i></p> <p>8.3 Demonstrate industry standards in selecting, using, and maintaining food production and food service equipment</p> <p>8.4 Demonstrate menu planning principles and techniques based on standardized recipes to meet customer needs</p>	<p><i>Students will be able to:</i></p> <ol style="list-style-type: none"> <li>a. Operate tools and equipment such as food processors, pasta cutters, fryers and standing mixers following safety procedures and OSHA requirements</li> <li>b. Maintain tools and equipment following safety procedures and OSHA requirements</li> <li>c. Demonstrate procedures for cleaning and sanitizing equipment, serving dishes, glassware, and utensils used during food service projects</li> <li>d. Demonstrate procedures for safe and secure storage of equipment and tools such as food processors, pasta cutters, fryers and standing mixers</li> <li>e. Identify a variety of types of equipment needed for large production food processing, cooking, holding, storing, and serving</li> </ol> <ol style="list-style-type: none"> <li>a. Apply menu planning principles to develop and modify menus for large food production</li> <li>b. Analyze food equipment and supplies needed for large food production</li> <li>c. Develop a variety of menu themes, layouts and design styles</li> <li>d. Prepare requisitions for food, equipment, and supplies to meet large food production requirements</li> <li>e. Apply principles of Measurement, Portion Control, Conversions, Food Cost Analysis and Menu Terminology and Menu Pricing when planning menus for large production</li> </ol>

**STUDENT LEARNING OBJECTIVES**

**Foods II**

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 6 (State Standard # 8)	
Integrate knowledge, skills, and practices required for careers in food production and services	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i>	<i>Students will be able to:</i>
8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs	<ul style="list-style-type: none"> <li>a. Prepare a variety of foods utilizing professional cooking techniques used to make such foods as pasta, soufflés, specialty desserts, cream soups, salads/dressings, gourmet sandwiches, seafood, appetizers, garnishes, and specialty cakes</li> <li>b. Demonstrate professional plating, garnishing, and food presentation techniques</li> <li>c. Demonstrate professional skills in safe handling of knives, tools and equipment</li> <li>d. Demonstrate professional skills for a variety of cooking methods using professional equipment and current technologies</li> <li>e. Utilize weights and measurement tools regularly to demonstrate knowledge of proper scaling and measurement techniques</li> <li>f. Plan and prepare a food service project simulating the duties of a caterer including a client interview</li> <li>g. Apply fundamentals of time, temperature, and cooking methods to cooking, cooling and reheating to meet demands of large food production</li> <li>h. Research and share information on herbs and spices including geographical locations, varieties of uses and specific connection to food categories</li> </ul>
8.7 Demonstrate the concept of internal and external customer service	<ul style="list-style-type: none"> <li>a. Demonstrate sensitivity to diversity and individuals with special needs</li> </ul>

## STUDENT LEARNING OBJECTIVES

### Foods II

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

<p>GOAL: District Goal # 7 (State Standard # 9)</p> <p>Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition</p>	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>9.2 Apply risk management procedures to food safety, food testing, and sanitation</p> <p>9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans</p> <p>9.4 Apply basic concepts of nutrition and nutritional therapy in a variety of settings</p> <p>9.5 Demonstrate use of current technology in food product development and marketing</p>	<p><i>Students will be able to:</i></p> <p>a. Use the Hazard Analysis Critical Control Point (HACCP) during all food handling processes to minimize the risk of food borne illness</p> <p>b. Continue to demonstrate practices and procedures that assure personal and workplace health and hygiene</p> <p>a. Analyze nutritional data to address customer needs</p> <p>b. Apply principles of food production to maximize nutrient retention in prepared foods</p> <p>c. Analyze recipe/formula proportions and modifications for food production</p> <p>a. Utilize a selective menu to address food restrictions such as allergies and life style food choices</p> <p>a. Prepare food for presentation and assessment based on a rubric</p> <p>b. Conduct food sensory evaluations using specific rubrics</p> <p>c. Use a thermometer to test for safety of cooked food products especially when serving the community</p>

**STUDENT LEARNING OBJECTIVES**

**Foods II**

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 10 (State Standard # 13)	
Demonstrate respectful and caring relationships in the family, workplace and community	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<i>Students will know how to:</i>  13.5 Demonstrate teamwork and leadership skills in the family, workplace, and community	<i>Students will be able to:</i>  a. Demonstrate processes for cooperating, compromising and collaborating b. Create an environment that encourages and respects the ideas, perspectives and contributions of all group members c. Demonstrate ways to organize and delegate responsibilities



## STUDENT LEARNING OBJECTIVES

### Foods II

As a result of family and consumer sciences education, students independently and collaboratively will be able to:

GOAL: District Goal # 11 (State Standard # 14)	
Demonstrate nutrition and wellness practices that enhance individual and family well being	
LEARNING OBJECTIVES	SAMPLE INDICATORS/ASSESSMENTS OF LEARNING
<p><i>Students will know how to:</i></p> <p>14.3 Evaluate various dietary guidelines in planning to need nutrition and wellness needs</p> <p>14.4 Evaluate factors that affect food safety from production through consumption</p> <p>14.5 Evaluate the influence of science and technology on food composition, safety, and other issues</p>	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> <li>a. Analyze the impact of age on food choices and practices</li> <li>b. Apply various dietary guidelines in planning to meet nutrition and wellness needs of the customer</li> <li>c. Demonstrate ability to select, store, prepare, and serve nutritious and aesthetically pleasing foods</li> </ul> <ul style="list-style-type: none"> <li>a. Analyze conditions and practices that promote safe food handling</li> <li>b. Justify and utilize safe food handling procedures that reduce the risk of food borne illnesses</li> </ul> <ul style="list-style-type: none"> <li>a. Research and share information on genetically engineered food</li> <li>b. Describe the impact of irradiation on foods</li> </ul>