



**Catholic  
Memorial**  
HIGH SCHOOL

## Semester Long Course Plan

Department: Family & Consumer Education

Course: Introduction to Foods

**Essential Learning Outcomes:** After successfully completing this course, students will be able to:

- 1) Analyze food habits & their relationship to one's health and nutrition.
- 2) Demonstrate correct measuring techniques, safe use of electrical appliances & utensils and interpret terminology used in recipes.
- 3) Develop and demonstrate an understanding of safety & sanitation practices in food preparation.
- 4) Demonstrate knowledge of proper cooking principles of cereals, grains & pasta.
- 5) Demonstrate knowledge of proper cooking principles of foods such as meat, poultry & fish.
- 6) Identify alternate protein sources and demonstrate knowledge of proper cooking principles for protein foods such as eggs, cheese & milk.
- 7) Demonstrate knowledge of proper cooking principles of fruits & vegetables.
- 8) Demonstrate knowledge of proper cooking principles of yeast & quick breads.
- 9) Develop management skills in the use of time, energy and nutrition, planning, preparing & serving meals.
- 10) Accept the challenge to use food as expression for creativity.

<i>August/September or January</i>	<i>October or February</i>	<i>November or March</i>
<p><b>Unit 1 Food habits, Nutrition &amp; Health (ELO 1)</b>            -Explain personal &amp; social significance of the family &amp; their needs for food, clothing &amp; shelter.            -Examine the food pyramid            -Evaluate personal eating habits &amp; relationship to health  <b>Assessments:</b>            -worksheets            -family preference project            -quiz            -articles summarized</p> <p><b>Unit 2 Tools, Techniques &amp; Appliances (ELO 2)</b>            -Identify a variety of cooking tools &amp; their proper use            -Demonstrate correct measuring techniques, cutting &amp; mixing techniques            -Demonstrate proper use &amp; care of electrical appliances  <b>Assessments:</b>            -individual &amp; group projects            -lab experiences            -unit assignments            -quiz</p>	<p><b>Unit 3 Food Safety &amp; Storage (ELO 3)</b>            -Demonstrate an understanding of safety &amp; sanitation practices in food preparation &amp; service  <b>Assessments:</b>            -worksheets            -quiz</p> <p><b>Unit 4 Cereals &amp; Grains, Pasta, Quick Breads (ELO 4)</b>            -Analyze the nutrient contribution of the listed food category            -Identify diseases cause by a deficiencies in these nutrients            -Demonstrate knowledge of proper cooking principles of cereals, grains &amp; pastas  <b>Assessments:</b>            -individual &amp; group projects            -unit assignments            -lab experiences            -tests/quizzes</p>	<p><b>Unit 5 Poultry, Fish, Red Meats &amp; Meat Alternatives (ELO 5 &amp; 10)</b>            -Demonstrate differences in microwave cooking over conventional range cooking            -Analyze the nutrient contributions of the listed food category            -Accept the challenge to use food as an expression for creativity            -Demonstrate knowledge of proper cooking principles for protein foods            -Identify alternate protein sources  <b>Assessments:</b>            -individual &amp; group projects            -lab experiences            -unit assignments            -tests/quizzes</p>

<i>December or April</i>	<i>January or May</i>	
<p><b>Unit 6 Milk, Cheese &amp; Eggs (ELO 6)</b></p> <ul style="list-style-type: none"> <li>-Develop skills in preparing various food products</li> <li>-Demonstrate knowledge of &amp; proper cooking principles of eggs, milk &amp; Cheese</li> <li>-Develop management skills to maintain efficient use of time &amp; energy</li> <li>-Analyze the nutrient contributions of this food group</li> </ul> <p>Assessments:</p> <ul style="list-style-type: none"> <li>-individual &amp; group projects</li> <li>-lab experiences</li> <li>-unit assignments</li> <li>-test/quizzes</li> </ul> <p><b>Unit 7 Fruits &amp; Vegetables (ELO 7)</b></p> <ul style="list-style-type: none"> <li>-Demonstrate knowledge of proper cooking principles of fruits &amp; vegetables</li> <li>-Analyze the nutrient contributions of the listed food</li> <li>-Demonstrate proper understanding of laboratory planning by reviewing the planning sheets to market order, supply table &amp; time schedule</li> </ul> <p>Assessments:</p> <ul style="list-style-type: none"> <li>-individual &amp; group projects</li> <li>-unit assignments</li> <li>-lab experiences</li> <li>-tests/quizzes</li> </ul>	<p><b>Unit 8 Yeast Breads (ELO 8)</b></p> <ul style="list-style-type: none"> <li>-Develop skills in the area of food selection</li> <li>-Analyze the nutrient contribution of the listed food</li> <li>-Demonstrate proper cooking principles of yeast breads</li> <li>-Develop management skills to maintain efficient use of time &amp; energy</li> </ul> <p>Assessments:</p> <ul style="list-style-type: none"> <li>-individual &amp; group projects</li> <li>-lab experience</li> <li>-unit assignments</li> <li>-tests/quizzes</li> </ul> <p>Assessments:</p> <ul style="list-style-type: none"> <li>-individual &amp; group projects</li> <li>-lab experiences</li> <li>-unit assignments</li> <li>-tests/quizzes</li> </ul> <p><i>Semester 2</i></p> <p><b>Unit 1 Food habits, Nutrition &amp; Health (ELO 1)</b></p> <ul style="list-style-type: none"> <li>-Explain personal &amp; social significance of the family &amp; their needs for food, clothing, shelter</li> <li>-Examine the food pyramid</li> <li>-Evaluate personal eating habits &amp; relationship to health</li> </ul> <p>Assessments:</p> <ul style="list-style-type: none"> <li>-worksheets</li> <li>-family preference project</li> <li>-quiz</li> <li>-articles summarized</li> </ul> <p><b>Unit 2 Tools, Techniques &amp; Appliances (ELO 2)</b></p> <ul style="list-style-type: none"> <li>-Identify a variety of cooking tools &amp; their proper use</li> <li>-Demonstrate correct measuring techniques, cutting &amp; mixing techniques</li> <li>-Demonstrate proper use &amp; care of electrical appliances.</li> </ul> <p>Assessments:</p> <ul style="list-style-type: none"> <li>-individual &amp; group projects</li> <li>-lab experiences</li> <li>-unit assignments</li> <li>-quiz</li> </ul>	