

**General Brown Central School District
Curriculum Map**

Course Title: Food & Nutrition	Prepared By: Hannah Cottrell
Time Frame: 2 weeks Weeks 1-2	Unit/Theme
<p>Essential Questions:</p> <ol style="list-style-type: none"> 1. How do I ready myself for safe food preparation? 2. How can I work in the kitchen safely, cleanly and accurately? 3. How can I work effectively with a kitchen lab team to create a common goal? 	
<p>NYS Standards:</p> <p>Standard 1: Personal Health & Fitness – Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2: A Safe & Healthy Environment – Students will know the basic principles of home and community safety. They can demonstrate the skills necessary to maintain their homes and workplace in a safe and comfortable condition</p> <p>Standard 3: Resource Management – Students will understand and be able to manage personal resources of talent, time, energy and money to make effective decisions in order to balance their obligations to work, family and self.</p> <p>RST 1 RST 3 RST 4 RST 7 RST 9 WHST 1-E WHST 2-D WHST 4</p>	<p>Vocabulary:</p> <p>Sanitation Food-borne illness Bacteria Contamination Cross-contamination Hygiene</p> <p>Kitchen Terms: Chop, Brush, Frying, Season, Microwave, Stir, Whip, Drain, Cut in, Baste, Fold, Pare, Grate, Mince, Dice, Bake, Garnish, Cream, Beat, Broil, Boil, Rotate, Simmer, Blend, Coat, Cube, Roast. Strain, Grease, and invert.</p> <p>Measurement Abbreviations Yield</p>
<p>Student Objectives (The student will...):</p> <ul style="list-style-type: none"> - apply principles of food safety and sanitation - know and use the appropriate tools and technologies for safe and healthy food production - work in cooperative groups to plan and implement successful kitchen lab work <p>** These objectives apply to all food labs.**</p>	

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Assessments: Homework Quizzes Labs Bell Ringers Tests	
Recommended Texts: Discover Food & Nutrition Food for Today	Resources: Teacher made Material (TMM) Textbooks – Discovering Food & Nutrition Food for Today

Course Title: Food & Nutrition	Prepared By: Hannah Cottrell
Time Frame: 2 weeks Weeks 3-4	Unit/Theme Myplate and the Food Groups

Essential Questions: 1. How can I analyze nutrition factors that influence wellness of individuals? 2. How can I use myplate.gov to help plan for meals and a healthy lifestyle?
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NYS Standards: Standards 1 and 3 RST 1 RST 3 RST 4 RST 7 RST 9 WHST 1-E WHST 2-D WHST 4 WHST 5 WHST 7	Vocabulary: Nutrient density Basal metabolic rate Diet % daily value Meal pattern Vegan Vegetarian Lacto-ovo vegetarian Celiac disease gluten
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Student Objectives (The student will...):

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<ul style="list-style-type: none"> - Identify the nutritional requirements for individuals with various dietary needs. - Use Myplate and dietary guidelines to evaluate their diet. - List and explain the dietary guidelines. - Use information found on food labels to make healthy choices. 	
<p>Assessments:</p> <p>Homework</p> <p>Quizzes</p> <p>Labs</p> <p>Bell Ringers</p> <p>Tests</p> <p>Myplate dietary analysis</p>	
<p>Recommended Texts:</p> <p>Discover Food & Nutrition</p> <p>Food for Today</p>	<p>Resources:</p> <p>Teacher made Material (TMM)</p> <p>Textbooks – Discovering Food & Nutrition</p> <p>Food for Today</p>

<p>Course Title: Food & Nutrition</p>	<p>Prepared By: Hannah Cottrell</p>
<p>Time Frame: 6 weeks</p> <p>Weeks 5-11</p>	<p>Unit/Theme</p> <p>Essential Nutrients</p>
<p>Essential Questions:</p> <ol style="list-style-type: none"> 1. How can I demonstrate the ability to plan, select, purchase, prepare, serve and store nutritious and aesthetically pleasing foods for individuals with different nutritional needs? 2. How can we practice applying the elements of good nutrition in our lives? 3. How are each of the essential nutrients a vital part of the diet? 4. What happens to the body if a nutrient is lacking? 	
<p>NYS Standards:</p> <p>Standards 1, 2, and 3</p> <p>RST 1</p> <p>RST 3</p> <p>RST 4</p> <p>RST 7</p>	<p>Vocabulary:</p> <p>Carbohydrates (simple and complex)</p> <p>Glucose</p> <p>Sucrose</p> <p>Fructose</p> <p>Maltose</p>

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<p>RST 9 WHST 1-E WHST 2-D WHST 4</p>	<p>lactose Fiber Bran Endosperm Germ cholesterol (HDL and LDL) Lipids Saturated fats Polyunsaturated fats Monounsaturated fats Tans fat Hydrogenation Proteins (complete and incomplete) Pasteurization homogenization amino acids Fat and water soluble vitamins Dehydration Free water Bound water Solvent</p>
<p>Student Objectives (The student will...):</p> <ul style="list-style-type: none"> - Identify the functions of nutrients in the body as they relate to health and wellness. - Define energy needs in the body. - Demonstrate knowledge of planning menu items based on standardized recipes to meet individual needs. - Assess the skills necessary for food preparation 	
<p>Assessments:</p> <p>Homework Quizzes Labs Bell Ringers Tests</p>	
<p>Recommended Texts:</p> <p>Discover Food & Nutrition Food for Today</p>	<p>Resources:</p> <p>Teacher made Material (TMM) Textbooks – Discovering Food & Nutrition Food for Today</p>

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Course Title: Food & Nutrition	Prepared By: Hannah Cottrell
Time Frame: 2 weeks Weeks 12-13	Unit/Theme Dairy
Essential Questions: 1. What are the essential nutrients in milk? 2. What does dairy do for recipes?	
NYS Standards: Standards 1 and 2 RST 1 RST 3 RST 4 RST 7 RST 9 WHST 1-E WHST 2-D WHST 4	Vocabulary: Casein Cream Creaming Culture Curds Fortification Incubation Period Inoculation Lactose Intolerance Micelles Milk Solids Shelf Life Whey
Student Objectives (The student will...): - Prepare recipes using dairy and dairy free substitutes - Be able to differentiate between types of milk and when they are most appropriate to use	
Assessments: Homework Quizzes Labs Bell Ringers Tests	
Recommended Texts: Discover Food & Nutrition Food for Today	Resources: Teacher made Material (TMM)

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	Textbooks – Discovering Food & Nutrition Food for Today
Course Title: Food & Nutrition	Prepared By: Hannah Cottrell
Time Frame: 3 weeks Weeks 14-16	Unit/Theme Food additives and preservation/fermentation
Essential Questions:	
<ol style="list-style-type: none"> 1. Why are additives put into foods and what would happen without them? 2. How do you preserve foods properly? 	
NYS Standards:	Vocabulary:
Standards 1, 2, and 3 RST 1 RST 3 RST 4 RST 7 RST 9 WHST 1-E WHST 2-D WHST 4 WHST 5 WHST 7	Enrichment Food Additive Goiter GRAS List Nitrification Restoration Stabilizer Caseharden Dehydrator Dehydrofreezing Rehydration Steam Blanching Sulfiting Sulfuring Syrup blanching Brine Brine Pickling Fresh-pack Pickling
Student Objectives (The student will...):	
<ul style="list-style-type: none"> - Be able to identify additives in foods by reading a food label - Be able to properly preserve or ferment a food by canning, dehydrating, or pickling 	
Assessments:	
Homework	

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Quizzes Labs Bell Ringers Tests	
Recommended Texts: Discover Food & Nutrition Food for Today	Resources: Teacher made Material (TMM) Textbooks – Discovering Food & Nutrition Food for Today

Course Title: Food & Nutrition	Prepared By: Hannah Cottrell
Time Frame: 2 weeks Weeks 17-18	Unit/Theme Health Issues and Careers in Foods

Essential Questions: <ol style="list-style-type: none"> 1. How can I determine factors that influence food choices for individuals and families across the lifespan? 2. How can I identify, select, prepare and store fruits, vegetables, grains, and dairy products for optimal nutritional value and appeal? 3. What careers are available for me in the field of food and nutrition?

NYS Standards: Standards 1, 2, and 3 RST 1 RST 3 RST 4 RST 7 RST 9 WHST 1-E WHST 2-D WHST 4 WHST 5 WHST 7	Vocabulary: Food scientist Dietitian Nutritionist Food critic Anorexia Bulimia Obesity Food allergy
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Student Objectives (The student will...):

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<ul style="list-style-type: none"> - select required equipment to prepare a given menu item based on dietary needs of someone with a medical problem - identify the nutritional requirements for individuals with various dietary needs - identify careers in the food and nutrition field 	
<p>Assessments:</p> <p>Homework</p> <p>Quizzes</p> <p>Labs</p> <p>Bell Ringers</p> <p>Tests</p>	
<p>Recommended Texts:</p> <p>Discover Food & Nutrition</p> <p>Food for Today</p>	<p>Resources:</p> <p>Teacher made Material (TMM)</p> <p>Textbooks – Discovering Food & Nutrition</p> <p>Food for Today</p>
<p>Course Title:</p> <p>Food and Nutrition</p>	<p>Prepared By:</p> <p>Hannah Cottrell</p>
<p>Time Frame:</p> <p>Weeks 18-20</p>	<p>Unit/Theme</p> <p>Final Project – Food Truck</p>