

**Cocalico School District**  
**Year-at-a-Glance - Curriculum Overview**

**Department: Family & Consumer Sciences**

**Course: Foods and Baking**

**Grade Level: 9-12**

**Big Ideas**

- To be safe in the kitchen, students must be able to identify and properly use kitchen safety and sanitation techniques when preparing a recipe.
- Knowing how to identify and explain the appropriate use and care of selected kitchen equipment is necessary for kitchen safety.
- Having the knowledge of appropriate abbreviations, food measurement technology, equivalents, recipe size adjustment calculations, and proper measuring techniques are imperative when cooking.
- Having the knowledge of the function of ingredients will help students understand the chemistry of cooking and teach them how to substitute ingredients for what is available.
- Knowing the different cooking methods and how they can be used will give students the ability to cook what they have available.
- Knowing how fruits and vegetables are classified will assist students to eat a variety of produce.
- Knowing how to identify and prepare different types of proteins will allow students to eat a variety of protein sources.
- Studying the importance of a healthy diet will help students establish healthy eating habits.
- Analyzing the differences between various baking techniques will prepare students to bake a variety of foods.

<b>Units of Study</b>	<b>% of Course Time</b>	<b>Textbooks &amp; Supplemental Materials</b>	<b>Assessments</b>	<b>Standards Addressed</b>
<ul style="list-style-type: none"> <li>• Kitchen Safety and Sanitation</li> </ul>	15%	<ul style="list-style-type: none"> <li>• <i>Foods for Today</i></li> <li>• Lab equipment</li> <li>• Food Supplies</li> <li>• Worksheets</li> <li>• Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>• Kitchen Safety quiz</li> <li>• Kitchen Labs</li> <li>• Foodborne Illness Posters</li> <li>• Teacher observation</li> <li>• Government Agency Project</li> <li>• Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• CCSS.ELA-Literacy.RST.9-12.4</li> <li>• 11.3.9.B</li> <li>• 11.3.6.B</li> <li>• NASAFCS 14.4.5</li> <li>• 11.3.12.B</li> </ul>
<ul style="list-style-type: none"> <li>• Equipment for the kitchen</li> </ul>	10%	<ul style="list-style-type: none"> <li>• <i>Foods for Today</i></li> <li>• Lab equipment</li> <li>• Food Supplies</li> <li>• Worksheets</li> <li>• Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher observations</li> <li>• Kitchen Labs</li> <li>• Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• 11.3.6.B</li> <li>• 11.3.6.F</li> <li>• 11.3.3F</li> </ul>
<ul style="list-style-type: none"> <li>• Measuring Techniques and Recipe Math</li> </ul>	10%	<ul style="list-style-type: none"> <li>• <i>Foods for Today</i></li> <li>• Lab equipment</li> <li>• Food Supplies</li> <li>• Worksheets</li> <li>• Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observations</li> <li>• Kitchen Labs</li> <li>• Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• 11.3.6.F</li> <li>• 11.3.3.F</li> </ul>
<ul style="list-style-type: none"> <li>• Function of Ingredients</li> </ul>	10%	<ul style="list-style-type: none"> <li>• <i>Foods for Today</i></li> <li>• Lab equipment</li> <li>• Food Supplies</li> <li>• Worksheets</li> <li>• Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observations</li> <li>• Kitchen Labs</li> <li>• Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• 11.3.6.F</li> <li>• 11.3.3.F</li> </ul>
<ul style="list-style-type: none"> <li>• Cooking Methods and Knife Skills</li> </ul>	10%	<ul style="list-style-type: none"> <li>• <i>Foods for Today</i></li> <li>• Lab Equipment</li> <li>• Food Supplies</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher Observations</li> <li>• Kitchen Labs</li> <li>• Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>• NASAFCS 8.5.2</li> <li>• NASAFCS 8.54</li> <li>• NASAFCS 8.5.5</li> </ul>

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		<ul style="list-style-type: none"> <li>Worksheets</li> <li>Teacher Created PowerPoints and Video Tutorials</li> </ul>		
<ul style="list-style-type: none"> <li>Fruits, Vegetables, and Grains</li> </ul>	5%	<ul style="list-style-type: none"> <li><i>Foods For Today</i></li> <li>Lab Equipment</li> <li>Food Supplies</li> <li>Worksheets</li> <li>Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>Teacher Observations</li> <li>Kitchen Labs</li> <li>Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>11.3.9.D</li> <li>11.3.12.E</li> <li>NASAFCS 8.5.7</li> <li>NASAFCS 8.5.4</li> </ul>
<ul style="list-style-type: none"> <li>Proteins- Meats, Eggs, and Dairy</li> </ul>	10%	<ul style="list-style-type: none"> <li><i>Foods For Today</i></li> <li>Lab Equipment</li> <li>Food Supplies</li> <li>Worksheets</li> <li>Worksheets</li> <li>Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>Teacher Observations</li> <li>Kitchen Labs</li> <li>Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>NASAFCS 8.5.5</li> <li>NASAFCS 8.5.11</li> <li>NASAFCS 14.3.1</li> <li>NASAFCS 9.5.6</li> </ul>
<ul style="list-style-type: none"> <li>Diets, Diseases, Allergies, and Nutrition</li> </ul>	5%	<ul style="list-style-type: none"> <li><i>Foods For Today</i></li> <li>Lab Equipment</li> <li>Food Supplies</li> <li>Worksheets</li> <li>Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>Teacher Observations</li> <li>Kitchens Labs</li> <li>Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>11.3.12.A</li> <li>11.3.12.C</li> <li>11.3.12.D</li> <li>11.3.12.G</li> <li>11.3.9.A</li> <li>11.3.9.D</li> <li>11.3.6.D</li> <li>NASAFCS 9.5.6</li> <li>NASAFCS 9.4.1</li> <li>NASAFCS 14.3.1</li> </ul>
<ul style="list-style-type: none"> <li>Baking- Quick and Yeast Breads</li> </ul>	10%	<ul style="list-style-type: none"> <li><i>Foods For Today</i></li> <li>Lab Equipment</li> <li>Food Supplies</li> <li>Worksheets</li> <li>Teacher Created PowerPoints and Videos Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>Teacher Observations</li> <li>Kitchen labs</li> <li>Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>11.3.9.G</li> <li>NASAFCS 8.5.10</li> </ul>
<ul style="list-style-type: none"> <li>Baking</li> </ul>	15%	<ul style="list-style-type: none"> <li><i>Foods for Today</i></li> <li>Lab Equipment</li> <li>Food Supplies</li> <li>Worksheets</li> <li>Teacher Created PowerPoints and Video Tutorials</li> </ul>	<ul style="list-style-type: none"> <li>Teacher Observations</li> <li>Kitchen labs</li> <li>Unit Test</li> </ul>	<ul style="list-style-type: none"> <li>NASAFCS 8.5.10</li> <li>NASAFCS 8.5.12</li> <li>NASAFCS 8.4.2</li> </ul>



**Eagle P.A.C.T. Course Connections:**

In the kitchen, students must work with others to accomplish a finished product and communicate with their group members. Students are graded as a group and assume shared responsibility within the group. Students receive feedback on their kitchen lab performance and learn to deal positively with critique and praise.