Foods and Nutrition Course Outline

20 Weeks – ½ credit

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| Topic | Chapter | Activities, Labs, and Projects |
| Unit 1 – Getting Started in the Kitchen |
| Food Affects life | 1 | Your Food HabitsAdvertising AnalysisFood and FeelingsThe Food Supply |
| Safety and Sanitation | 2 | Health BeatA Not-So-Safe SupperTemperature ControlHandling Emergencies |
| Basic Skills and Equipment | 3 | Measure UpKitchen Utensil IdentificationThe Cutting EdgeKnife Skills Mini LabThe Baker’s AssistantMaterials Comparison |
| Recipes and Work Plans | 4 | Reading a RecipeChanging Recipe YieldRecipe VocabularyMicrowave CookingMaking a Time-Work ScheduleHealthy Snack Lab |
| Preparing Simple Recipes | 5 | Practicing Mise en PlacePlanning Healthy Snacks |
| Unit 2 – Nutrition and Wellness |
| The Energy Nutrients | 6 | Carbohydrate CategoriesMaking Healthy Fat ChoicesYour Energy IntakeHow the Body Uses Food |
| Vitamins, Minerals, and Water | 7 | Vitamin and Mineral FlowchartFunctions and Food SourcesDeficiencies and ExcessesBody of WaterThe Supplement Shop |
| Making Healthy Choices | 8 | Choosing to ChangeA shift to Better HealthEating from MyPlateComparing Labels for Healthy ChoicesPreparing Healthy Food |
| Staying Active and Managing Weight | 9 | Your Energy NeedsMaking a Weight Management PlanEating Disorders – Characteristics and Treatment |
| Life-Cycle Nutrition and Fitness | 10 | Diets in the Life CycleNutrition Advice |
| Unit 3 – The Management of Food  |
| Planning Meals | 13 | Planning for NutritionPlanned SpendingPlanning Satisfying MenusConvenience Comparison |
| Unit 4 – The Preparation of Food |
| Heat Transfer and Cooking Methods | 15 | Cooking MethodsFood Stuff |
| Grain Foods | 16 | Grains and Grain ProductsCooking Starches and CerealsGrain Lab |
| Vegetables | 18 | Selecting and Storing VegetablesCooking Vegetables by ClassThe Vegetable CookVegetable Lab |
| Fruits | 19 | Fruit NutritionMixed FruitFruit Lab |
| Dairy Products | 20 | Dairy NutritionDairy IdentificationThe Dairy BarnDairy Lab |
| Eggs | 21 | Intro to EggsFunctions of EggsEgg DishesScrambled EggsEgg Lab |
| Meat | 22 | The Meat CaseBuying and Storing MeatPrinciples of Cooking MeatsMeat Cooking MethodsMeat Lab  |
| Poultry | 23 | Poultry PointersSelecting and Storing PoultryCooking Poultry |