Foods and Nutrition Course Outline

20 Weeks – ½ credit

|  |  |  |
| --- | --- | --- |
| Topic | Chapter | Activities, Labs, and Projects |
| Unit 1 – Getting Started in the Kitchen | | |
| Food Affects life | 1 | Your Food Habits  Advertising Analysis  Food and Feelings  The Food Supply |
| Safety and Sanitation | 2 | Health Beat  A Not-So-Safe Supper  Temperature Control  Handling Emergencies |
| Basic Skills and Equipment | 3 | Measure Up  Kitchen Utensil Identification  The Cutting Edge  Knife Skills Mini Lab  The Baker’s Assistant  Materials Comparison |
| Recipes and Work Plans | 4 | Reading a Recipe  Changing Recipe Yield  Recipe Vocabulary  Microwave Cooking  Making a Time-Work Schedule  Healthy Snack Lab |
| Preparing Simple Recipes | 5 | Practicing Mise en Place  Planning Healthy Snacks |
| Unit 2 – Nutrition and Wellness | | |
| The Energy Nutrients | 6 | Carbohydrate Categories  Making Healthy Fat Choices  Your Energy Intake  How the Body Uses Food |
| Vitamins, Minerals, and Water | 7 | Vitamin and Mineral Flowchart  Functions and Food Sources  Deficiencies and Excesses  Body of Water  The Supplement Shop |
| Making Healthy Choices | 8 | Choosing to Change  A shift to Better Health  Eating from MyPlate  Comparing Labels for Healthy Choices  Preparing Healthy Food |
| Staying Active and Managing Weight | 9 | Your Energy Needs  Making a Weight Management Plan  Eating Disorders – Characteristics and Treatment |
| Life-Cycle Nutrition and Fitness | 10 | Diets in the Life Cycle  Nutrition Advice |
| Unit 3 – The Management of Food | | |
| Planning Meals | 13 | Planning for Nutrition  Planned Spending  Planning Satisfying Menus  Convenience Comparison |
| Unit 4 – The Preparation of Food | | |
| Heat Transfer and Cooking Methods | 15 | Cooking Methods  Food Stuff |
| Grain Foods | 16 | Grains and Grain Products  Cooking Starches and Cereals  Grain Lab |
| Vegetables | 18 | Selecting and Storing Vegetables  Cooking Vegetables by Class  The Vegetable Cook  Vegetable Lab |
| Fruits | 19 | Fruit Nutrition  Mixed Fruit  Fruit Lab |
| Dairy Products | 20 | Dairy Nutrition  Dairy Identification  The Dairy Barn  Dairy Lab |
| Eggs | 21 | Intro to Eggs  Functions of Eggs  Egg Dishes  Scrambled Eggs  Egg Lab |
| Meat | 22 | The Meat Case  Buying and Storing Meat  Principles of Cooking Meats  Meat Cooking Methods  Meat Lab |
| Poultry | 23 | Poultry Pointers  Selecting and Storing Poultry  Cooking Poultry |