

DEPARTMENT OF FAMILY AND CONSUMER SCIENCE
Course Syllabus
FOODS
Mrs. Heather Smith

Pre-requisite- None

Course Description- This course provides an up-to-date look at food & nutrition. Students will also be involved in basic kitchen practices.

Text- Kowtaluk, Helen & Kopan, Alice O. (1997) Food for Today. New York; Glencoe/McGraw-Hill.

Course Outline:

*Topics to include but not limited to the following

Topics:

I. WORKSPACE, TOOLS AND TECHNIQUES

- Kitchen principles-Safety and sanitation in the kitchen-Recipe skills
- Measuring Ingredients-Changing a recipe-Preparation tasks
- Time management and team work-Equipment-Heat & cooking
- Microwave cooking- Conventional cooking-Serving family meals
- Mealtime etiquette

II. FOOD, NUTRITION, AND YOU

- Exploring Food Choices- Food and Health- Influences on Food Choices
- The Role on Nutrients- Carbohydrates- Protein- Fats- Vitamins
- Minerals-Water-How the body uses food-Dietary Guidelines
- MyPyramid-Daily meals and snacks-Improving your eating Habits
- Healthy Weight-Eating Disorders

III. CONSUMER DECISIONS

- Basic Meal Planning-Challenges in Meal Planning-Food Cost and Budgeting
- Before you shop—Food Labels –In the Supermarket-Consumer Skills
- Choosing Kitchen Equipment-Design a Kitchen

IV. FOODS FOR MEALS AND SNACKS

- Choosing, preparing, and Cooking Fruit and Vegetables
- Choosing and Preparing Grains-Legumes, Nuts, and Seeds
- Choosing and Preparing Dairy-Egg Basics-Using Eggs in Recipes
- Selection and Storage of Meat, Poultry, Fish, and Shellfish
- Casseroles and Other Combinations-Baking Ingredients and Techniques
- Quick Breads-Yeast Breads-Cookies

V. EXPANDING YOUR HORIZONS

-Latin America-Africa & the Middle East-Europe

-Asia and the Pacific- Career Opportunities (Food Related Occupations)

*Topics and sequence may vary at instructor's discretion

ASSESSMENT: Evaluations will be based on class performance, daily assignments, chapter/unit quizzes and/or tests, labs, individual, and group projects/presentations, and varied reading/writing projects. **Late work will not be accepted**, unless prior arrangements have been made with the instructor. For make-up work after an excused absence, see JCHS Handbook.

GRADING SCALE: The grading scale will follow the school-wide grading policy as adapted by the Jackson Co. Board of Education and as described in the student handbook.

92-100=A

81-91=B

70-80=C

60-69=D

0-59=F