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| **Teacher: Patricia Schick** | | **School Year: 2014-2015** |
| **Course:** Meal Planning and Preparation | | **Intended Grade Level:** 9-12 |
| **Course Summary:**  Students will apply meal planning principles and food preparation skills to plan and prepare nutritious and appealing meals. | | |
| **Course Outcomes:**  ***By the end of the course, students will know:***   * ***How to follow a recipe*** * ***Safety and sanitation practices*** * ***Principles of Nutrition*** * ***Meal Planning Guidelines***   ***By the end of the course, students will be able to*** demonstrate their knowledge of nutrition by applying meal planning principals in the selection, planning, preparation, and serving of meals that meet nutritional needs and taste good. | | |
| **Standards Targeted[[1]](#footnote-1)**  **National Family and Consumer Sciences Standards** | | |
| **Units of Study** | | |
| **Units Topic** | **Primary Learning Outcome** | |
| **Safety, Sanitation, Measuring Review** | **Safety, Sanitation, and proper procedures in the Kitchen** | |
| **Soups** | **Preparing Soups From Scratch** | |
| **Salads** | **Preparing Salads using a Variety of Ingredients** | |
| **Casseroles** | **Using Leftovers to Prepare One-Dish Meals** | |
| **Entrees and Side Dishes** | **Cooking with Various Meats and Meat Alternatives, Serving Sizes** | |
| **Appetizers** | **Types and Service** | |
| **Garnishing and Presentation** | **Adding eye appeal to a meal** | |
| **Serving Sizes and Nutritional needs** | **Eating for Good Health** | |
| **Menu Planning** | **Meeting Nutritional Needs** | |
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| **Advanced Learner Recommendations** | | |
| Advanced learners will prepare more complex recipes/foods. | | |
| **Struggling Learner Recommendations** | | |
| Struggling learners will prepare simpler recipes/foods. | | |

1. Indicate primary Standards emphasis:

   PA Core - Math / ELA / Science & Technology / History & Social Studies

   National Content Standards (Name and Type)

   Industry Recognized Standards (Name and Type) [↑](#footnote-ref-1)