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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)