

**FLORENCE CITY SCHOOL SYSTEM
CAREER TECHNICAL EDUCATION
COURSE SYLLABUS
2009-2010**

PROGRAM OF STUDY: Family and Consumer Science

INSTRUCTOR: Callie Rutherford, Florence High School

COURSE TITLE: Food and Nutrition (Creative Foods)

CREDIT: ½ Unit

LENGTH OF COURSE: 1 Semester

PRE-REQUISITE: None

FEE: \$40.00

SUPPLIES: Students will need to bring the following items to class everyday: pencil, paper, and 1 ½ inch 3 ring binder

REQUIRED TEXTBOOK: Food for Today

COURSE DESCRIPTION: Food and Fitness (Food and Nutrition) may be taught as a one-credit-or half-credit course. For a half-credit course, content standards 2, 3, 4, 5, 6, 9, 11, 12, 13, and 18 must be included. Topics include the impact of daily nutrition and wellness practices on long-term health and wellness; physical, social, and psychological aspects of healthy nutrition and wellness choices; selection and preparation of nutritious meals and snacks based on United States Department of Agriculture (USDA) Dietary Guidelines and Food Guide Pyramid; safety, sanitation, storage, and recycling processes and issues associated with nutrition and wellness; impacts of science and technology on nutrition and wellness issues; and nutrition and wellness career paths.

Family, Career and Community Leaders of America (FCCLA), an integral part of the curriculum, enhances leadership development skills and provides opportunities for community service.

INSTRUCTIONAL PHILOSOPHY: Career Technical Education is an essential part of the total education process. It deals with the development of knowledge, skills and the interpersonal relationships that prepare the student to become a productive citizen in the world of work. This course prepares students to be successful in their transition to postsecondary institutions or employment.

CAREER/TECHNICAL EDUCATIONAL GOAL: To provide students access to a flexible system of rigorous school and work based learning in which students gain knowledge and skills to become competitive employees in a global economy. Upon graduation, students are prepared for individual success in advanced study as well as employment.

STUDENT ORGANIZATION: FCCLA--Family, Career and Community Leaders of America

MEMBERSHIP FEE: \$15.00 (not included in class fee)

COURSE OBJECTIVES:

Food

1. Analyze national and international food production and distribution systems to determine the influence of each on the food supply.
2. Explain how food choices and food production are influenced by psychological, social, cultural, nutritional, economical, global, environmental, geographical, and technological factors.
3. Interpret legislation and regulations related to food production and consumption.

Nutrition

4. Determine nutritional and fitness needs of individuals and families across the life span.
5. Analyze nutritional standards in planning recipes and menus to meet nutritional needs of individuals across the life span.

Examples: USDA Dietary Guidelines for Americans, USDA Food Guide Pyramid

6. Evaluate the impact of diet fads, food addictions, and eating disorders on fitness and wellness.
7. Describe the impact of daily food choices on health and wellness.
8. Determine current trends and issues in health, wellness, and nutrition.

Meal Management and Service

9. Prepare a nutritious menu.
 - Interpreting recipes in food production
 - Demonstrating safe and correct use of equipment
 - Practicing food safety in food production, handling, service, and storage
 - Using correct hygiene and health procedures
 - Organizing kitchen space
 - Demonstrating a variety of creative food presentation techniques
10. Compare the cost and nutritive value of preparing food at home versus purchasing fast food.

- Describing savings through bulk food purchasing

11. Apply management principles when planning, purchasing, preparing, storing, and serving food.

12. Judge the quality of prepared food.

13. Demonstrate etiquette, manners, and proper table settings for various occasions.

Cuisine

14. Analyze recipes and menus from other countries for nutritional values.

15. Demonstrate food preparation techniques used in national and international cuisines.

Special Occasions

16. Demonstrate food preparation techniques required when preparing food for special occasions.

- Analyzing methods of serving food for special occasions

Examples: receptions, luncheons, buffets

17. Demonstrate a variety of creative food presentation techniques.

Technology and Careers

18. Determine the impact of technology on food production, choices, and nutrition.

Examples: biotechnology, hormone injection

19. Identify careers and entrepreneurial opportunities in the field of food and nutrition.

ESSENTIAL QUESTIONS:

FOOD:

What is the impact of food choices on food production and distribution?

How do national and international food production and distribution systems influence food supply?

What is the role of federal legislation and regulations on food production and consumption?

NUTRITION:

How do food choices of individuals influence their health and wellness?

What are the nutritional standards used in planning recipes and meals?

What is the impact of diet fads, food addictions, and eating disorders on fitness and wellness?

How do your nutritional needs change as you grow?

What current issues and trends influence health, wellness, and nutrition?

MEAL MANAGEMENT AND SERVICE:

How do you plan meals that are nutritious, economical, safe and aesthetically pleasing?

How is kitchen space organized for efficiency?

What creative techniques are used in food preparation?

CUISINE:

How does the cost of food prepared at home differ from eating out?

How does the nutritive value of food prepared at home differ from eating out?

How do you judge the quality of food?

What management skills are needed to plan, purchase, prepare, store, and serve food?

What etiquette practices are appropriate for various occasions?

SPECIAL OCCASSIONS:

What factors influence food choices in other parts of the world?

How are certain food preparation techniques different from other regions of the world?

How do the food items being served reflect the type of occasion being celebrated?

TECHNOLOGY AND CAREERS:

How does technology affect daily food intake?

What skills and qualities are required to be a successful professional in a food-related career?

CULMINATING PRODUCTS:

- Kitchen Labs
- Menu Planning Project
- PowerPoint Budgeting Project
- Personalize Your Food Pyramid Project
- Various group activities
- Research various educational websites

METHODS OF EVALUATION and ASSESSMENT:

Kitchen Labs	=40%
Tests, Projects, and Presentations	=40%
Daily work (worksheets, quizzes, vocabulary, class participation, class discussion) Homework, and teamwork	= <u>20%</u>
	100%

The following scale will be used in assessing the student’s knowledge and skills during the course in accordance with the local school system grading policy.

Grading Scale: 90-100=A 80-89=B 70-79=C 60-69=D below 60=F

ATTENDANCE POLICY: Career and Technical Education follows the attendance policy adopted by the Florence City Board of Education

FOOD AND FITNESS (FOOD AND NUTRITION) COURSE OUTLINE

Orientation

- A. Department Policies
- B. Syllabus
- C. Classroom Rules and Procedures

I. Food

- A. Food supply (1)
 - 1. Food production
 - 2. Food distribution systems
- B. Factors that influence food choices and food production (2)
 - 1. Psychological
 - 2. Nutritional
 - 3. Economical
 - 4. Global
 - 5. Environmental
 - 6. Geographical
 - 7. Technological
- C. Legislation and regulations (3)
 - 1. Food production
 - 2. Food consumption

II. Nutrition

- A. Nutritional and fitness needs across the life span (4)
 - 1. Individuals
 - 2. Families
- B. Planning recipes and menus (5)
 - 1. National standards
 - 2. Nutritional needs
- C. Fitness and wellness (6)
 - 1. Diet fads
 - 2. Food addictions
 - 1. Eating disorders
- D. Impact of daily food choices on health and wellness (7)
- E. Current issues and trends in health, wellness, and nutrition (8)

III. Meal Management and Service

- A. Prepare nutritious menus (9)
 - 1. Interpreting recipes
 - 1. Correct and safe use of equipment
 - 2. Food safety
 - 3. Correct hygiene
 - 4. Organizing kitchen space
 - 5. Creative presentation techniques
- B. Cost and Nutritive Value of Food (10)
 - 1. Prepared at home
 - 2. Fast foods
 - 3. Bulk food purchasing
- C. Management principles of food preparation (11)

1. Planning
 2. Purchasing
 3. Preparing
 4. Storing
 5. Serving
- D. Quality of prepared food (12)
- E. Etiquette, manners, and table settings (13)

IV. Cuisine

- A. Nutritive value of recipes and menus from other countries (14)
- B. Food preparation techniques (15)
1. National cuisines
 2. International cuisines

V. Special Occasions

- A. Special food preparation techniques (16)
- B. Serving foods for special occasions (16)
- C. Creative food presentation techniques (17)

VI. Technology and Careers

- A. Impact of technology (18)
1. Food production
 2. Food choices
 3. Nutrition
 4. Biotechnology
 5. Hormone injection
- B. Careers and Entrepreneurial opportunities in the field of food and nutrition (19)

SPECIFIC COURSE ASSIGNMENT

www.florencecareertech.com

Title of Course: Food and Nutrition (Creative Foods)

Semester: Spring 2010

Teacher: Callie Rutherford

Week	Date	Topic	Assignments	Test Dates
Monday	Jan 4	Course Overview Syllabus Class fee (\$40)	Signed Parent letter Due 1-18-09	
Tuesday	Jan 5	Ice Breaker Begin Ch. 7 Kitchen Principles		1-12-10
Wednesday	Jan 6	Ch. 7		
Thursday	Jan 7	Ch. 7 Report Cards		
Friday	Jan 8	“		

Week	Date	Topic	Assignments	Test Dates
Monday	Jan 11	Ch. 7 Review	Study Guide	
Tuesday	Jan 12	Ch. 7 Test		
Wednesday	Jan 13	Ch 9. Cooking Methods Kitchen Equipment		1-19-10
Thursday	Jan 14	Introduction to Food Safety and Sanitation Internet Activity	Internet Activity Report Cards	
Friday	Jan 15	Food Safety and Sanitation Internet Activity	Internet Activity	

Week	Date	Topic	Assignments	Test Dates
Monday	Jan 18	Martin Luther King-Holiday		
Tuesday	Jan 19	Kitchen Safety PowerPoint and Video		
Wednesday	Jan 20	Kitchen Safety Review	Video Facts	
Thursday	Jan 21	Kitchen Lab Rules and Procedures		
Friday	Jan 22	Kitchen Safety Test Continue Kitchen Lab Rules and Procedures		

Week	Date	Topic	Assignments	Test Dates
Monday	Jan 25	Review Recipe and Kitchen Lab Rules and Procedures, and safety Time Management		
Tuesday	Jan 26	Kitchen Lab # 1		
Wednesday	Jan 27	Lab # 1 Continued		
Thursday	Jan 28	History Channel Documentary Modern Marvels The Supermarket Reports Cards	Video Facts	
Friday	Jan 29	Ch. 9 Test Ch. 11-3 Food Costs and Budgeting Begin Food Budget Project (Eating out vs. Eating at Home)		

Week	Date	Topic	Assignments	Test Dates
Monday	Feb 1	Budget Project Work		
Tuesday	Feb 2	“		
Wednesday	Feb 3	History Channel Documentary Modern Marvels Breakfast Tech	Video facts	
Thursday	Feb 4	Kitchen Lab # 2 (Breakfast Foods)		

Friday	Feb 5	Lab # 2 Continued	Career Fair	
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Week	Date	Topic	Assignments	Test Dates
Monday	Feb 8	Budget Project Work		
Tuesday	Feb 9	“	Budget Projects Due	
Wednesday	Feb 10	Lab Demonstration		
Thursday	Feb 11	Kitchen Lab # 3		
Friday	Feb 12	In-Service – No School for students		

Week	Date	Topic	Assignments	Test Dates
Monday	Feb 15	Presidents’ Day-Holiday		
Tuesday	Feb 16	“		
Wednesday	Feb 17	Budget Projects Due	Budget Projects Due	
Thursday	Feb 18	Project Presentations		
Friday	Feb 19	Project Presentations		

Week	Date	Topic	Assignments	Test Dates
Monday	Feb 22	The Preparation of Food: Grain Foods		3-31-10
Tuesday	Feb 23	“		
Wednesday	Feb 24	Lab Demonstration		
Thursday	Feb 25	Kitchen Lab # 4		
Friday	Feb 26	Lab # 4 Continued		

Week	Date	Topic	Assignments	Test Dates
Monday	Mar 1	The Preparation of Food: Fruits and Vegetables		3-31-10
Tuesday	Mar 2	“		
Wednesday	Mar 3	Lab Demonstration		
Thursday	Mar 4	Kitchen Lab # 5		
Friday	Mar 5	Lab # 5Continued		

Week	Date	Topic	Assignments	Test Dates
Monday	Mar 8	The Preparation of Foods: Dairy Products and Eggs		3-31-10
Tuesday	Mar 9	“		
Wednesday	Mar 10	Lab Demonstration		
Thursday	Mar 11	Kitchen Lab # 6 End of third 9 weeks		
Friday	Mar 12	Lab # 6 Continued		

Week	Date	Topic	Assignments	Test Dates
Monday	Mar 15	The Preparation of Foods: Meat and Poultry		3-31-10
Tuesday	Mar 16	“		
Wednesday	Mar 17	Kitchen Lab # 7		
Thursday	Mar 18	Lab # 7 Continued Report Cards	Report Cards	
Friday	Mar 19	Inclement Weather Day/No School		

Week	Date	Topic	Assignments	Test Dates
Monday	Mar 22	The Preparation of Foods: Salads, Casseroles, and Soups		3-31-10
Tuesday	Mar 23	“		
Wednesday	Mar 24	Lab Demonstration		
Thursday	Mar 25	Kitchen Lab # 8		
Friday	Mar 26	Lab # 8 Continued		

Week	Date	Topic	Assignments	Test Dates
Monday	Mar 29	The Preparation of Foods: Breads		3-31-10
Tuesday	Mar 30	The Preparation of Foods: Cakes, Cookies, Pies, and Candies Test Review		
Wednesday	Mar 31	Test on the Preparation of Different Foods		
Thursday	Apr 1	Kitchen Lab # 9		
Friday	Apr 2	Lab # 10 Continued		

Week	Date	Topic	Assignments	Test Dates
Monday	Apr 5	Begin Recipe Book Project		
Tuesday	Apr 6	'		
Wednesday	Apr 7	Lab Demonstration		
Thursday	Apr 8	Kitchen Lab # 10		
Friday	Apr 9	Lab # 10 Continued		

Week	Date	Topic	Assignments	Test Dates
Monday	Apr 12	Spring Break/No School		
Tuesday	Apr 13	Spring Break/No School		
Wednesday	Apr 14	Spring Break/No School		
Thursday	Apr 15	Spring Break/No School		
Friday	Apr 16	Spring Break/No School		

Week	Date	Topic	Assignments	Test Dates
Monday	Apr 19	Inclement Weather Day		
Tuesday	Apr 20	'		
Wednesday	Apr 21	Recipe Book Due	Recipe Book Due	
Thursday	Apr 22	Kitchen Lab # 11		
Friday	Apr 23	History Channel Documentary Modern Marvels Chocolate	Video facts	

Week	Date	Topic	Assignments	Test Dates
Monday	Apr 26	Inclement Weather Day/No School		
Tuesday	Apr 27	Begin Country Project Foods of the World: The United States and Canada		3-4-10
Wednesday	Apr 28	Foods of the World: Latin America		
Thursday	Apr 29	History Channel Documentary American Eats Cookies		
Friday	Apr 30	Kitchen Lab # 12		

Week	Date	Topic	Assignments	Test Dates
Monday	May 3	Foods of the World: Mediterranean Countries Foods of the World Test Review		
Tuesday	May 4	Foods of the World Test Country Project Due		
Wednesday	May 5	Kitchen Lab # 13 (Chicken on a Stick)		
Thursday	May 6	Lab # 14 Continued		
Friday	May 7	Lab # 14 Continued		

Week	Date	Topic	Assignments	Test Dates
Monday	May 10	Careers related to Foods and Nutrition PowerPoint Project		
Tuesday	May 11	Project Work		
Wednesday	May 12	“		
Thursday	May 13	“		
Friday	May 14	“		

Week	Date	Topic	Assignments	Test Dates
Monday	May 17	Project Presentations		
Tuesday	May 18	Project Presentations		
Wednesday	May 19	Exam Review		
Thursday	May 20	Exam Review		
Friday	May 21	Exams		

Week	Date	Topic	Assignments	Test Dates
Monday	May 24	Exams		
Tuesday	May 25	Exams		
Wednesday	May 26	Exams End Semester/Students leave early		
Thursday	May 27	Workday		
Friday	May 28	Workday/Graduation		

Assignment and dates may vary due to schedule changes, individual and group needs, as well as availability of materials, labs, and speakers.