



Foods I

Course Description: Students will study the basics of nutrition, menu and meal planning, as well as safety and sanitation practices within the kitchen. This includes learning how to make made-from-scratch foods using grains, fruits, vegetables, protein, and dairy products.

Learning Targets

Domain: Culinary Arts & Food Services

FCS.CAFS.1 Students will integrate knowledge, skills, and practices required for careers in food production and services.

Food Safety & Sanitation

- I can explain how to keep food safe and prevent foodborne illnesses.
- I can clean and sanitize kitchen tools and surfaces properly.
- I can use safety practices to prevent burns, cuts, and accidents in the kitchen.

Culinary Skills

- I can annotate and follow a recipe step by step and measure ingredients correctly.
- I can use kitchen equipment and tools safely and properly.
- I can use basic cooking techniques like baking, boiling, sautéing, and chopping.

Teamwork & Kitchen Management

- I can work well with others in the kitchen and share responsibilities.
- I can stay organized and use my time wisely while cooking.
- I can act professionally and follow directions during food labs.

Menu Planning & Food Costs

- I can help plan a simple menu that is healthy and appealing.
- I can figure out basic food costs and understand portion control.
- I can consider different people's tastes and needs when planning meals.

Career Exploration

- I can name different jobs in the food and restaurant industry.
- I can describe the training or education required for food careers.
- I can consider what food-related careers align with my skills and interests.

Professionalism

- I can dress appropriately and maintain my hygiene for working in the kitchen.
- I can show good attitude, effort, and responsibility in class.
- I can follow rules and routines like a professional in the food industry.