



Foods for Life Curriculum Outline

Course Name: Foods for Life

Grade Level (s): 9 - 12

Course Description: An emphasis on healthy selection and preparation of foods is the focus of this class. The student will spend lab time preparing food by the use of the microwave, wok, food processor, and conventional methods. The student will also learn about food fads and fallacies, nutrition, food choices, food literacy, and study the food regions and customs of the United States. This is the first class in the food service pathway.

SDWD Essential Learning Standards

Wisconsin Standards for Family and Consumer Sciences

Wisconsin Standards for Literacy in All Subjects

Wisconsin Standards for Environmental & Sustainability

Unit Outlines:

Unit Title	Major Topics
Food Preparation & Kitchen Knowledge <u>Key Terms & Vocabulary</u> <ul style="list-style-type: none">• Standard vs metric measurement• Abbreviations• Equivalents• Conversion factor• Knife Skills (care/safety)• Mise en Place• Utensils• Small/large appliance• Parts of a recipe• Food preparation terminology (26)	<ul style="list-style-type: none">• Measurement abbreviations, equivalents, conversion factor, tools• Kitchen set-up, tools, utensils• Equipment/appliances• Function of ingredients, recipe elements, food prep terms <p>Articles/Newsela:</p> <p>Websites to visit:</p>
Safety and Sanitation <u>Key Terms & Vocabulary</u> <ul style="list-style-type: none">• Sanitation• Clean (cleaning)• Food Safety	<ul style="list-style-type: none">• Kitchen safety• Food safety• Food borne illnesses• Food allergies• Proper cleaning and sanitizing <p>Articles/Newsela:</p>

<ul style="list-style-type: none"> • Foodborne Illness (incl examples) • Cross Contamination • Food Allergen Awareness • Handwashing Protocol • Food Recall • Bacteria • 4 C's (cook, chill, combat CC, clean) 	<p>Websites to visit:</p>
<p>Career and Employability Skills</p> <p><u>Key Terms & Vocabulary</u></p> <ul style="list-style-type: none"> • Resume • Interview Skills • Professionalism • Networking • Time Management • Communication Skills • Teamwork • Problem-Solving Skills • Adaptability • Food Service Industry 	<ul style="list-style-type: none"> • Careers Related to Food • Employability Skills • Job Outlook <p>Articles/Newsela:</p> <p>Websites to visit:</p>
<p>Nutrition</p> <p><u>Key Terms & Vocabulary</u></p> <ul style="list-style-type: none"> • Nutrients - 6 major • Nutrition/diet • MyPlate • Calorie • Recommended Dietary Allowance (RDA) • Antioxidants/Superfoods • Nutrition Label • Substitution/modification • Cooking techniques/methods • Dietary restriction • healthy/healthy lifestyle 	<ul style="list-style-type: none"> • Nutrients and functions • Recipe Substitutions • Cooking techniques <p>Articles/Newsela:</p> <p>Websites to visit:</p>
<p>Food Sustainability</p> <p><u>Key Terms & Vocabulary</u></p> <ul style="list-style-type: none"> • Food Miles • Locally Sourced • Organic Farming • Food Waste • Composting • Farm-to-Table • Sustainable Agriculture • Carbon Footprint 	<ul style="list-style-type: none"> • What is Food Sustainability/Food Literacy • Food Choices, digestion, sensory eval • Food systems - growing, purchasing, procurement • Terminology <p>Articles/Newsela:</p> <p>Websites to visit:</p>

<ul style="list-style-type: none"> • Food Security • Food Justice 	
<p style="text-align: center;">Basic Cooking Methods</p> <p style="text-align: center;"><u>Key Terms & Vocabulary</u></p> <ul style="list-style-type: none"> • Boiling • Steaming • Grilling/griddling • Broiling • Poaching • Baking • Roasting • Sauteing • Frying • Simmering 	<ul style="list-style-type: none"> • Cooking methods, techniques, terms • Saute vs stir fry • Baking vs roasting • Boil vs simmer <p>Articles/Newsela:</p> <p>Websites to visit:</p>
<p style="text-align: center;">Introduction to Baking</p> <p style="text-align: center;"><u>Key Terms & Vocabulary</u></p> <ul style="list-style-type: none"> • Leavening Agent (qb vs yb) • Kneading • Proofing/rising • Creaming (method) • Biscuit method • Muffin method • Glaze • Crumb • Standing time • Flavoring 	<ul style="list-style-type: none"> • Yeast vs Quick breads • Common baking techniques/terms • Baking is a science • Decorating baked goods <p>Articles/Newsela:</p> <p>Websites to visit:</p>

Textbook/Other Resources:

- Food for Today - 2008, Glencoe/McGraw Hill
- Culinary Essentials - Johnson & Wales University, 2002 Glencoe/McGraw Hill
- [Nourish curriculum](#)